HARDER THAN LAST TIME

The Complete Muscle & Strength Training Manual

Greg Doucette

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Introduction

About Greg Doucette

Masters in Kinesiology... IFBB Pro... Coach... But Not a Doctor

Greg Doucette has been lifting heavy things from as early as 7 years young, back when he first caught the iron itch. He would pick up things, lift them over his head, and smash them on the ground, just like the Olympic weightlifters in the Olympics he watched on television.

Greg started training alongside his dad for several years with nothing but cement blocks and steel rods. When Greg was 10, his dad got injured and stopped training altogether. But by then, Greg had fallen in love with lifting heavy things and getting stronger. So he started sneaking into the basement to train by himself while his parents — both schoolteachers — taught during the day.

When Greg turned 13, he discovered the sport of bodybuilding while sitting on the couch and watching an episode of That's Incredible!, featuring a 13-year old competing in bodybuilding. Greg had already been training for several years by then and knew he would someday be on a stage like that, dominating with his sculpted physique that he worked hard to build.

Greg has balanced both strength and physique pursuits, competing on and off in both powerlifting and bodybuilding since his teenage years and well into his forties. Along the way, Greg set national and world records, won national and international competitions, and earned his IFBB pro card in 2012.

Greg is not only a decorated athlete and bodybuilder but also a student of sports science. After spending 6 years studying the science of human anatomy and movement, he earned both his Bachelor's and Master's degrees in kinesiology.

Today, Greg draws from his formal education and his 2+ decades of powerlifting and bodybuilding experience to coach people from around the world. He is passionate about helping all people—from the newcomer to the IFBB pro—achieve lasting results and build habits that will keep them healthy for a lifetime. He has been coaching clients—both in person and online—in contest prep, general fitness, powerlifting, and nutrition for more than a decade and has worked with thousands of people.

Recently, Greg expanded his influence beyond his one-on-one clients to YouTube where he has reached more than 600,000 subscribers, and his videos have more than 100 million views. Greg works around the clock to entertain his audience, dispel common myths perpetuated by the fitness industry, and help people achieve their best physiques.

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A Message from Greg

After I released my first downloadable training guide, *The Home and Hotel Hypertrophy Handbook*, I got SLAMMED with THOUSANDS of requests to DO MORE! I got started with this eBook thing a few months ago because let's be real: my one-on-one coaching prices are not affordable for most. But I still want to make an impact. And I get to make that impact with these eBooks. In fact, that first downloadable guide was the first time I was able to share my training knowledge with YOU at an affordable price.

An affordable price is a good thing, especially now, in the midst of a pandemic. And although we are still in the midst of a pandemic, gyms will open back up soon or have already opened back up. So people like YOU want a complete guide to follow when they return to the gym to train and sculpt their physiques.

So here we are. **Doing more than last time is not only my motto for training, it is my motto for life!** Most people know that to get somewhere in life they haven't been before, they need to do things they haven't done before.

This guide was written for 99.9% of the gym population: the people who want to learn how to train right but are not getting ready to compete in a pro bodybuilding show around the corner. That's YOU! My swift popularity on YouTube has brought me so much success that requires so much of my attention. But that means I can't always devote my time to the individuals who need me the most: YOU! So, the only way to reach more people, like YOU, is to create more content like this manual right here.

Thank you so much for your support! I can't wait for you to enjoy training at home or training at the gym! **Wherever you're training, I want you to ENJOY it! And don't forget to show me your progress on social media by tagging me or hashtagging #HARDERTHANLASTTIME.**

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Why do I do this?

I often get asked, "Coach Greg, why do you train so hard? Why do you do this or that? Why do you get up in the morning?"

I like to paraphrase Arnold Schwarzenegger here: "Life is about always being hungry." Now, nobody likes being on a diet and being hungry, but that's not the scope of this book. (But if you are always hungry, be sure to check out my cookbook, *The Ultimate Anabolic Cookbook*. It will change your life with high-volume, low calorie-dense meals that will make your mouth water and help you feel as if you're not even on a diet.)

But seriously, I am always hungry for success in life. I have always been an overachiever, always worked hard, always tried to outwork the competition. The gym, bodybuilding, and, more recently, bike riding are about the challenge for me. I love to challenge myself. **I love to set goals and achieve them. I don't care about a stupid, plastic trophy or a medal. I care about having a challenge, something to give me a reason to get up in the morning.**

This is how I live my life. Going to the gym to train hard is simply part of my life philosophy. It is a way for me to challenge myself, to look and perform the way I want, and to ensure my long-term health.

I am equally passionate about coaching, working on YouTube, and writing eBooks. I have goals to produce the best cooking and training books ever to help people in the real world achieve their goals. **It is my goal to have the world's most successful fitness YouTube business and to get rich!**

See, it's a win-win. I get rich, and you get a wealth of knowledge from my years and years and years of experience as a coach and athlete. It is my goal to positively impact the lives of others by spitting facts and truth. Speaking of spitting facts and truth, here's some truth. There are so many frauds out there who know AH-ZEERRROOOO about what they are talking about and who spread a ton of misinformation. So why do people listen to them? **People listen to them because these frauds are a 9.9 on the Richter Scale of good-looking, or because they tell you what you want to hear and not what you need to hear! And let's face it, beauty sells.**

But truth lasts, and it's my mission to be a truth-teller. People want the truth, and I'm here to provide the truth. **You CAN handle the truth!**

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What is this book about?

So you're here. Either you bought this book, or you are a LOSER MORON who pirated/stole it, and you've made it to page 10. And you STILL want to know what's inside, don't you?!

Long story short, just a few months ago, I had a lot of one-on-one coaching clients for diet and training. But since my social media followings have grown a ton in the past year, I've had to skyrocket my prices in order to weed through the crowd since I seriously don't have enough time in the day to dedicate to every single person who wants to work with me. I wish I could, but I can't.

Because of my time limitations, I've decided to package my knowledge and experience as a diet and training coach into this book for YOU to be able to either improve or get started on your journey to a better physique.

This book contains a detailed set of instructions along with a series of training programs that are intended for all sorts of people who want to continue improving or get started on their physique, strength, and overall fitness.

This book and the training programs in it will also help you lay the groundwork for a solid foundation that will lead to a lifetime of training properly.

On top of that, I've included a **complete discussion on cardio and diet**, which is important because most people embarking on a training plan want to improve their physiques. And you can't do that without considering your diet and cardio.

This book is PACKED with information. The first section is about mindset. The second and third sections are about that complete discussion on cardio and diet I just mentioned. The fourth section is more technical with information on training properly. **And the fifth section contains what you're really here for: 12 different strength and hypertrophy training programs for you on your journey to a better physique FOR LIFE.**

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Keep in mind this book and the programs in it will NOT take into account every single possible individual situation you have. There's no way! There is no book on this planet that will answer every single one of your questions. That's impossible!

But this book will give enough for you to make serious headway into your goals. **So, get ready to read, learn, try, and adapt. You're about to commit to a lifelong fitness journey.** Look, you're already doing great by purchasing and reading a book by the best. That best is ME! So keep watching my videos and following my content, and you will absorb this information over time.

My goal is for YOU to know what you're doing so you can develop sustainable training habits for LIFE. And while you're at it, you WILL gain muscle and strength!

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Remember, I ain't no doctor! I don't actually know what to do. I DON'T KNOW ANYTHING!

I've ONLY been training for 34 years, competed in 59 bodybuilding shows (42 were natural!)

'OH IT WAS ONLY THE HRT!'

I actually did it natural and looked pretty friggen good when I was natty. We can debate it if you want. I think I looked good!

I give you the truth! I have a Masters degree in Kinesiology! I actually studied a little tinyyy bit of this stuff. It's not a Masters degree in clinical nutrition... I don't actually know anything for real!

Greg Doucette in "Get Shredded Abs - The Right Way!!!"

Mindset

Motivation

A common question I get from my clients is, "Coach Greg, how do I stay motivated?"

Motivation is automatic. **We are motivated to do the things we love.** I happen to love the gym. Maybe you love watching movies. Or you love playing guitar. Or eating pizza, dancing to 80's music, shopping for cars or playing with dogs. Do you need motivation to do any of those fun things? Do you?! It's safe to assume you need AH-ZEERRROOOO motivation for doing the things you love. Well, just understand that the gym is my Netflix, pizza, mall, disco, and dog park rolled into one. I LOVE the gym!

Hopefully you have passion for something in life the way I have passion for the gym! I don't care whether it's dancing or playing the guitar or riding a friggen' horse or whatever. **IT DOESN'T MATTER!** Hopefully there is something in life that makes you have that much fun!

I know you might not love the gym now as much as you love Netflix or pizza or shopping. **But new passions can develop over time, especially when you have the right guidance, like this book, from the right person, like ME. It might take a few days, or it might take a few months, but if you keep showing up, you will learn to love the gym.** You'll learn to love the gym and gain a new passion for results you WILL start to see. And even on those days when you don't love the gym, you love your goals, and you have a passion for achieving your dream body. So I know you will keep showing up.

That showing up thing? THAT's the HARDEST part of training . . . SHOWING UP. Especially for beginners. But all you have to do is show up, and once you do show up, all you have to do is put one foot in front of the other. Do your cardio warm-up. Then walk over to the weights, pick up the bar, and perform your first warm-up set. Stack more weight on and get into your first set. Before you know it, you are deep into your groove, deep into your workout and routine, AND you're deep into having fun! Look, I get it.

The same applies to writing this book or filming content for YouTube. I may not always be "in the mood" to get the work done for things like writing this eBook or filming more content for you on YouTube. **But I show up. I show up and take it step by step, and once I get going, I get into it, and before I know it, I've written a whole book and filmed an entire video!**

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I am not a sex therapist, but the same applies to your sex life. Maybe you don't feel like having sex all the time with your wife, husband, circle, whatever. Just show up, warm up, and get going. And by the time you get going, you'll be having fun and getting into it!

So that's it! Just show up. And the rest will follow.

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Motivation is automatic! We're motivated. We love the gym. Do you have to get motivation to go to the movies? Do you need motivation to eat a pizza? AH-ZEERRROOOO motivation required! That is the gym for me! The gym is pizza and garlic fingers for me. The gym being closed for me is like my girlfriend's favorite pizza restaurant being closed!

Hopefully you have passion for something in life the way I have passion for the gym! I don't care whether it's dancing, or playing the guitar, or friggen piano, or whatever, IT DOESN'T MATTER! Hopefully there is something in life that makes you have that much fun!

Greg Doucette in "Bakhar Navieva - Natty or Not - Why We Should All Be Like Bakhar"

Gym-timidation

It's not uncommon for clients to tell me they feel intimidated by the idea of going to the gym (especially many older folks, some women, and young boys). Maybe you've never set foot in a gym. Maybe you're worried about being judged for not having the perfect gym body or for not knowing what you're doing in there and are worried you'll look like a moron. Maybe you tell yourself, "Oh, I need to get in shape before I go to the gym." But that makes AH-ZEERRROOO sense!

The reality is we all have to start somewhere. Every single one of us was that beginner in the gym once. Every veteran gym member remembers what it was like to be the new person. Even me!

Here are some key reminders if you are feeling uneasy about going to the gym on a consistent basis:

- **You have to start somewhere.**
- No one in the gym is judging you. ***Most are too busy being in their own heads and juding themselves to notice you. Most are worrying about how they look and not about how YOU look.***
- You don't have to keep up with anyone in the gym. **You are there for YOU, not to compete with others.**
- **You will always be your own worst critic.** No one will ever judge you harder than you will judge yourself. Keep that in mind. That means that no one in the gym can possibly judge you harder than you judge yourself.
- **Confidence comes from within. It has nothing to do with your physique.** It is internal. ***Your body is external.*** If you think you need to get in shape to be confident or to love yourself, then you are in for a HUGE disappointment. Confidence has AH-ZEERRROOOO to do with what you look like and everything to do with how you feel about yourself.

Remember, I have been bodybuilding since the age of 10. What I have found is that the people with most amazing physiques also tend to hate themselves and be the most insecure. Why? Because they never feel good enough. They constantly compare themselves to others. **Someone will always have bigger biceps or a bigger bum than you. You'll never be the best at everything.** That's okay. Just focus on improvement. Go to the gym for your health. Go there to build up your muscles. Go there to get healthy. **But don't think the gym will fix your confidence issues. That's a whole different mental exercise.**

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Consistency

Back to training. You need to train hard, but also you need to focus on consistency with your training and maintaining that consistency over a long period of time.

Of course, things periodically happen in life that may throw a wrench into your workout plans. Maybe you'll go on vacation, visit family for the holidays, focus on final exams, get sick, feel mentally burnt out, or just want to take a deload week. All of these things are acceptable and simply a part of having balance in your life. The key is to remain consistent and always return to your training program.

As you can see, **you can periodically miss the gym and still meet your goals as long as you remain consistent. Just remain consistent and focus on the big picture of your life.** This means that each time you do walk into the gym, you are there to DO YOUR BEST! By the way, "periodically missing the gym" does not mean taking long breaks from the gym, like multiple weeks at a time. These types of breaks aren't good for long-term progress goals. Instead, ***you must find exercises and routines that you would NOT want to take time off from because you LOVE doing them.***

My approach to training revolves around building sustainable plans that you can do for a very long time. You need to be able to swap out exercises when you get bored and/or start to feel injured so that you can keep having FUN in the gym. If the gym is not fun for you, then you will stop showing up! And we don't want that!

The most important thing is to find exercises that YOU like to do so that you keep doing them. Longevity and consistency ALWAYS beat short bursts of "killing it" and pushing through mental and physical pain. So, show up to the gym consistently and plan to enjoy it.

In other words, even if you train half-assed, **training like shit consistently will beat the roller coaster cycle of killing it for short periods of time followed by taking time off when injured.**

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Realistic Expectations

Something that drives me insane is when clients come to me expecting to gain 20 pounds of muscle in 6 months and get mad when I give them the honest truth. **LOWER YOUR EXPECTATIONS, PEOPLE.** You have been fed all sorts of horse shit from the fitness industry for years like "ohhh, so-and-so put on 20 pounds of muscle for their movie role in only 3 months." No they didn't! They might have gained 5 pounds of muscle and 15 pounds of water, fat, and glycogen! They might have done a hard cycle of steroids and gained 10 pounds of muscle and 10 pounds of water, fat, and glycogen (***and if it IS all muscle, then they are definitely not natty***).

You know I spit truth. So here is the honest truth about how much you can expect to gain with hard and proper training if you are a genetically gifted male (keep in mind, women and men who were picked last in gym class can expect about half of these gains):

Number of years of training hard and consistently	Average muscle growth expected for a genetically gifted male per year
1 year	8-12 pounds
2 years	6-8 pounds
3 years	4-6 pounds
4 years	3-5 pounds
5 years	2-4 pounds
6-9 years	2-3 pounds
10 or more years	0-1 pounds

It will take you about 10 years of hard, consistent, and smart training to max out your genetic potential.

So, a gifted man can expect to gain about 30-50 pounds of lean muscle in his lifetime. 50 pounds would be top-tier genetics for muscle-building. And while women's results will vary according to their genetics, they are likely to be limited to about half that amount. Now, if you're a male with bad genetics and poor luck, you might gain 15-25 pounds of muscle in your lifetime. Genetics play a HUGE role!

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So, temper your expectations. Cut them in HALF. If someone is in year 10 and they gain 5 pounds, it's most likely fat and water.

A final word: **You do not need to "BULK UP" to get HUUUUUGE to increase the rate at which you put on muscle.** If you try to gain weight quickly while following a strength training regimen, you will put on a little bit of muscle, but you'll also put on way more fat than you will be happy with.

When you are following one of my training programs, there is a high probability that you will simply put on muscle and improve your body composition just by training harder and doing more cardio.

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When I was a kid, sure, we looked at wrestlers: The Ultimate Warrior! Hulk Hogan! He had his vitamins, "take your vitamins, say your prayers!" He didn't say, "take your PEDs!" or "take your testosterone shots"... Hulk Hogan! You think Hulk Hogan's natural? I used to! I thought he just said his prayers, and took his vitamins, and had the largest arms in the world—24-inch pythons! That's what I thought! I didn't know it was PEDs. I was too young!

So, now you look on Instagram. You look on everywhere! There's all these 15-, 16-, 17-, 18-year olds, whatever. They're models! They look like 30 year-old male strippers, and they're 15 years old! They're not natural! Some are. But most are not. And it's so easy to get pressured to wanting to look like that... You know how much pressure there is for kids to look like they're heros? To try to fit in? To get a boyfriend, girlfriend, whatever? To be lean and in shape, to try to emulate rap stars, their favorite professional wresters, baseball players, even COACH GREG?

Kids are trying to look like other people who are older. And they're trying to take the short cut because they don't know any better They're kids!

Greg Doucette in "Jeff Cavaliere - ATHLEAN-X II PEDs in Bodybuilding!!!"

Cardio

"

You WILL incorporate cardio in your routine... because you are no longer going to be an idiot! And you're going to be intelligent!

The more you learn, the more you know, the better you'll be!

"

Greg Doucette in "Year-Round Cardio - The Holy Grail of FAT LOSS!!!"

All About Cardio

HEALTH BENEFITS OF CARDIO

Cardiovascular fitness should not be overlooked. Adding a little cardio to your week will help shed fat, increase your cardiovascular health, and boost your overall mood and well-being while making you less vulnerable to injuries.

After all, your heart is the most important muscle in your body. When you add in cardio, not only will you burn more calories, but you'll be healthier and feel better too.

JUST BECAUSE YOU ARE LIFTING WEIGHTS DOES NOT MEAN YOU CAN SKIP CARDIO. THEY ARE DIFFERENT THINGS. THEY ARE BOTH EQUALLY IMPORTANT FOR LIVING A HEALTHY LIFESTYLE AND ACHIEVING OPTIMAL FITNESS GOALS. DON'T SKIP CARDIO.

In fact, if I had to choose between only being able to lift weights or doing cardio for exercise, I'd choose CARDIO. Yes. I'd choose CARDIO. But most people tend to skip cardio.

I know. **It seems like every fitness coach out there wants to sell you the easy way. They want to sell you on their plan where you can get ripped while doing NO CARDIO. But beware! It's just an easy way for them to say, "Ohhh, hire me! I'm the cool coach. I won't make you do cardio."**

We've already talked about genetically gifted people who can pile on muscle faster than the average human. So sure, there are genetically gifted people who can get ripped with zeerrroooo cardio. But that is not accurate for most people. And even if it were, you still should do cardio. Don't be a moron! Cardio is for your heart health.

Look, I don't do cardio just to burn fat. I do it because I AM NOT A MORON. Your heart is the most important muscle in your body. It is more important than your biceps!! Sure, the biceps look cooler than the heart, but that's only because you can't see the heart since it's underneath your pecs and ribs.

BUT COOL DOESN'T EQUAL HEALTHY! AND IT DOESN'T MATTER IF CARDIO DOESN'T LOOK COOL. YOU NEED TO START DOING CARDIO, CONTINUE DOING CARDIO, NEVER STOP DOING CARDIO.

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So again, if I had to choose between lifting weights or doing cardio, I'd choose CARDIO every time!

Now that you know you must do cardio, it's time to learn how you should plan to do your cardio alongside your lifting routine.

HOW MUCH CARDIO SHOULD YOU DO?

As part of your training protocol, I suggest you START with 150 minutes total of moderate intensity, steady-state cardio each week.

My idea of "moderate intensity" cardio is cardio that does not exhaust you. **That means you should be able to do 2-3 hours at this level of cardio intensity if you wanted to. This type of cardio should NOT make you sore the next day.** If you're going so hard that you can't talk, you need to reduce your speed or intensity.

150 minutes of moderate intensity, steady-state cardio per week is a good starting point for most of my clients. You don't need to go higher than that unless you need to for competitive purposes. It is also a great way to greatly improve your cardiovascular fitness.

For most people who have never done much cardio before, being told to do 150 minutes per week can be shocking. It's definitely waaaay more than the **ZEERRROOO** amount of cardio most people do. BUT YOU WILL THANK ME LATER. So, as Nike says, just do it!

WHAT KIND OF CARDIO SHOULD YOU DO?

The best type of cardio to pair with your lifting routine is one that allows you to improve your heart health but also does not damage your joints. For this reason, my preferred style of cardio that I recommend to my clients is incline treadmill walking at a 15% incline. It is low impact while still challenging you. This means that it has a VERY LOW chance of damaging your joints and making you too beat up to still be able to lift weights.

Some cardio, like running, can be very damaging to your joints and difficult to recover from. When you run and jog 150 minutes per week, you will likely struggle to feel energized to lift weights in the gym as well. *BY THE WAY, EVEN THOUGH THIS SECTION IS ABOUT CARDIO, DON'T FORGET THAT YOU STILL NEED TO*

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"

Your heart is more important than your biceps!! The biceps look cooler than the heart, only because you can't see the heart because it's underneath your pecs and your ribs. START DOING CARDIO AND NEVER STOP!!!

"

Greg Doucette in "How to Maintain Your Muscle Without The Gym, Or When Your Gym is Closed!!"

LIFT WEIGHTS!!!

Some more examples of acceptable cardio include but are not limited to: incline walking, biking, dancing to music, rowing, jumping rope, climbing on the VersaClimber, stepping on the StairMaster, freestyle swimming, or gliding on the elliptical.

This doesn't mean that you aren't allowed to run or jog! It just means that if you are NEW to cardio, you should choose cardio that you will be able to SUSTAIN. Remember, I care about consistency and what is practical. I care about your longevity and your ability to sustain a workout plan for LIFE.

WHAT PACE SHOULD YOU GO AT?

Regardless of whichever type of exercise you choose for cardio, START SLOW to keep a consistent pace. It doesn't matter if you start at only 2 kilometers per hour on the treadmill. **With time and consistency you will work your way up to being a *BETTER BUTTER BURNER* by increasing your speed over time.**

As you increase the walking pace over time, you will burn even more calories. If you start off at 1.5 miles per hour and work up to 3 miles per hour in the span of a year, that means you'll burn twice the amount of calories in the same amount of time on the treadmill.

This literally means that if you start by doing incline treadmill walking at 2 kilometers per hour, maybe every month you will be able to increase your pace by 0.1 kilometers per hour. That means over the course of one year (12 months) you will increase your pace by 1.2 kilometers per hour.

I used to be a complete beginner at biking. Just two years ago, I was slow as molasses when getting on my bike. So that was the pace I went at—slow as molasses for 150 minutes per week. As time went on, I got better and faster, and now when I do 150 minutes of cardio, it is still 150 minutes like when I first started, but WAY FASTER.

If you are not a MORON, you should be able to figure out exactly what that means. More speed for the same amount of time equals MORE CALORIES BURNED DOING CARDIO. And MORE CALORIES BURNED means that you will be in a LARGER CALORIC DEFICIT and then GET LEANER OVER TIME (***as long as you also remember to put the fork down, of course***).

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"CAN I JUST GO OUTSIDE FOR A BRISK WALK FOR 150 MINUTES PER WEEK?"

I often get asked if going outside for a walk counts. Now, I have nothing against walking. Walking is a legitimate form of cardio. But walking at a normal pace is easy. **Remember, you want the cardio to challenge you. It doesn't necessarily have to be ALL OUT. It doesn't have to be HIIT ("high intensity interval training").**

But, walking outside at zeerrroooo incline is ridiculously easy. So what I say to clients who want to do this is to COUNT HALF THE TIME. For example, if you went for a 60-minute, non-stop walk, you can count 30 minutes of that towards your weekly cardio goal of 150 minutes.

Note: If you are morbidly obese, extremely out of shape, or as old as Grandma Josephine, then a brisk walk is a great thing to do for cardio. For most fit people though, a fast walk simply won't cut it, and you'll have to double your cardio time.

SHOULD YOU GO HARDER THAN LAST TIME WITH CARDIO?

If you are reading this paragraph right now, you have probably heard me say at some point that you should ALWAYS STRIVE TO TRAIN HARDER THAN LAST TIME. Now you must be thinking, "I wonder if Coach Greg applies this motto to cardio?"

The answer is YES!! This concept is called PROGRESSIVE OVERLOAD, and it applies to both weight training and cardio.

You should try to push yourself a little harder each cardio session. **Over time, you WILL improve at cardio. If you are doing the incline treadmill walking, try adding on 0.1 kilometers/miles per hour per week. If you can only sustain it for a short period, do it for a short period and then back off. The point is to push yourself a little bit each time so that you get better over time.**

Remember that you still need to follow a pace you can sustain for 150 minutes minimum each week, so make sure that you don't push TOO hard.

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The most important reason why you need to do your cardio (you'll be able to memorize this): it's to become a BETTER BUTTER BURNER! That's alliteration! See, I'm smarter than look... Boom, say it! BETTER BUTTER BURNER! (Phrase coined by Covert Bailey.)

...What does that phrase mean? It means that you become better at burning fat... So not only are you better at burning fat, but you are also better at burning calories. When you're fit and you do cardio all of the time, you get BETTER at cardio and can go at a faster rate. And that means you can exercise at a higher rate and then use more of the calories from fat because you're just more FIT!

The fitter you are, the less fatter you're going to be! Boom, that's what's going to happen.

Greg Doucette in "Year-Round Cardio - The Holy Grail of FAT LOSS!!!"

The upside of pushing yourself is you get better at it! By going at a slightly faster pace over time you will burn more calories during cardio. You might start by burning very few calories during your cardio sessions, but in several months, you will burn WAY MORE calories during your cardio sessions, which will lead to a LARGER caloric deficit and thus an improvement in body composition.

HOW TO PLAN YOUR CARDIO

So you know that you're going to start out with 150 minutes of cardio per week, and you know the type of cardio you want to do, and maybe you have an idea of your pace. How do you decide how to break this up throughout the week?

First, plan out how many days per week you will be lifting weights. This is important to do because you will need to warm-up with 10 minutes of moderate-intensity cardio for those sessions.

If you plan to lift weights for 3 days per week, then you can assume that 30 of your 150 minutes of weekly cardio will be dedicated to your warm-up for each weight-training session.

150 minus 30 equals 120. This means you have 4 remaining days in the week to complete 120 minutes of cardio. 120 divided by 4 is 30, so that means you can plan to do 30 minutes of cardio on non-lifting days and a 10-minute cardio warmup for your lifting days. (***BY THE WAY, YOU ARE ALLOWED TO DO MORE THAN 10 MINUTES OF CARDIO ON LIFTING DAYS. IF YOU ARE GOING TO DO THIS, MAKE SURE YOU DO THE MAJORITY OF YOUR CARDIO AFTER YOUR LIFTING SESSION, NOT BEFORE IT!***)

But, let's say you want to take 1 day off per week. That means you only have 3 non-lifting days to complete 120 minutes of cardio. You would change the denominator to 3 instead of 4.

150 minutes of moderate cardio target per week
-
(**3 lifting days per week * 10 minutes per lifting warm-up**)
=
120 minutes remaining
÷
3 non-lifting days per week
=
40 minutes of cardio per non-lifting day per week

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Here is an example of how you might structure your week based on 150 total minutes of cardio per week, spread throughout 3 lifting days and 3 cardio days per week:

Monday: 10-minute cardio warm-up + weight training

Tuesday: 40 minutes of cardio, no weight training

Wednesday: 10-minutes cardio warm-up + weight training

Thursday: 40 minutes of cardio, no weight training

Friday: 10-minute cardio warm-up + weight training

Saturday: 40 minutes cardio, no weight training

Sunday: Off

Of course, you do not need to split out your cardio perfectly or evenly. The schedule above is just ONE example of what you might do. You might do 80 minutes of cardio on one day and then entirely skip 2 days per week. **The point is, start somewhere and make sure you track how much total cardio you are doing per week.** I do recommend splitting it up throughout the week so that you minimize "catch-up" cardio by the end of the week.

SHOULD YOU DO FASTED CARDIO?

Since this is a foundational book, I need to have a short, no-nonsense section on fasted cardio.

My answer to the question "should you eat before you do cardio?" is OF COURSE YOU SHOULD EAT!!!! DON'T SKIP MEALS BEFORE CARDIO!!!

Doing fasted cardio on an empty stomach is not "better" in any way. You won't burn more calories. You won't get more shredded.

You may, in fact, burn fewer calories doing fasted cardio because you are in a depleted (fasted) state. This is because you will train EASIER THAN LAST TIME since you have less energy from being fasted.

If you feel your best doing fasted cardio first thing in the morning, you are probably eating too much before bed.

If you do cardio after your first meal of the day, you will perform better and burn more calories because you can maintain a faster pace of cardio.

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"But, Coach Greg, what if the only time of day I can do cardio is first thing in the morning?"

For starters, wake up earlier than last time!!

Okay, let's say you can't wake up earlier than last time. If you have to do your cardio first thing in the morning, that's fine. Just have a small meal and get hydrated before you do it. Maybe as soon as you wake up, grab a piece of a protein bar that you had sitting in your fridge.

There is no magical benefit to doing fasted cardio. **Why be a MORON when you can be SMART?**

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"

If you do too much cardio, you could burn off too much muscle, sure let's go with that. BUT YOU'RE NOT GOING TO BE FREAKING FAT! You're not going to be skinny fat!! The more cardio you do, the more calories you burn, the more of a deficit you're going to be in, and the leaner you're going to get. You're not going to be skinny fat!! You're going to be skinny freaking skinny!! Skinny skinny!!!

"

Greg Doucette in "Jeremy Ethier || Giving Kinesiologists a Bad Name??? || 7% Bodyfat - WHO NEEDS CARDIO???"

Diet

DIET

Right now you are probably thinking, "Coach Greg, I bought a book on training so I can grow my muscles and increase my strength. Why are you talking about cardio and diet?"

To which I will reply, "Yes, I agree with you. It is beyond the scope of this book to describe how I structure diet plans for my clients." After all, this is not a book on dieting and weight loss.

But, people need to be looked at holistically. And MOST people come to me wanting to lose body fat and improve their body composition. In order for that to happen, you must know a FEW things about diet.

I fully believe in incorporating both diet AND cardio as part of a plan for weight loss and body recomposition because BOTH are the key to a healthy lifestyle! I've already covered cardio, so I will briefly touch upon diet because it is important to think about. I care about your fitness, not just your muscles and strength!!

Most people want to lose body fat and gain muscle. In order to do this you need to be in a **CALORIE DEFICIT. Simply put, this means you need to burn more calories than you eat.**

There is NO NEED to determine how many calories you are burning every day. **All you need to do is weigh yourself every day and track your data. Keep a notebook or an app with data on your morning weight as well as how many calories you are eating and how much cardio you are doing. If your weight is not generally moving in the right direction, then you need to either increase cardio or decrease food intake (or both).**

You will NOT lose weight just by following a training plan. ***DO NOT RELY SOLELY ON WEIGHTLIFTING TO LOSE WEIGHT!*** You will be sorely disappointed if you think you will lose weight just from increasing your squat. Yes, you will build muscle, which will increase your Total Daily Energy Expenditure (TDEE), aka calories at rest. But that is not enough by itself to lose weight.

So, for my one-pager on diet for this book: **Make sure you are tracking your food intake, bodyweight, and total weekly cardio minutes.** Don't mess around with macros too much. Just **make sure there is some protein in each meal, and make sure you are not afraid of eating carbs. You need carbs for**

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energy! To fuel your workouts in this book, make sure you don't deprive yourself of carbs. You'll feel much better in the gym if you have carbs in your diet.

Ultimately, to lose weight, you will have to either eat less or burn more calories doing cardio. AGAIN, **YOU WILL NEED TO PUT THE FORK DOWN, GET UP, AND MOVE MORE!!!**

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Weight Training

Health Benefits of Weight Training

Most people get into the gym because they want to better themselves. They want to be bigger, stronger, faster, leaner, more attractive, and more confident. The gym for many of us is also a source of joy—a place we go to get away from the daily stressors and problems of life. It is therapy. It is fun. It is a way to push your limits and make some friends too. **I truly believe that you can learn many life lessons in the gym, like how to set goals, how to accomplish your goals, how to be obsessed and passionate about something, how to do more than last time, how to be a successful person, and also how to cope with life.**

Here's some other benefits of weight training that you may not know about:

- **More muscle = more calories burned in a day.** Want to be able to eat more food and not get fat? Gain as much muscle as your genetics will let you.
- **Better quality of life for the rest of your life.** Want to spend your life being mobile, strong, and active? Don't want to be a frail Grandpa Joe in a nursing home when you're old and break a hip because your bone density is AH-ZEERRROOOO? Get into the gym and make it a part of your life. It is never too late to start!
- **Better resilience against chronic disease.** Culprits of health include heart disease, diabetes, cancer, Alzheimer's. You will gain more resilience against all of these diseases by not being an out-of-shape piece of poo!

Look, I can go on and on, but I'm right 99.4% of the time (ask my girlfriend), so you get the point.

Get in the gym. Learn to like it. Maybe even learn to love it, like I do! But even if lifting weights never becomes your one true passion, you should still be doing some kind of resistance training. **EVERYONE should be doing some kind of resistance training whether they are casual gym dabblers, moderate gym members, or hardcore gym fanatics.**

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Training Plan Instructions

Now that you have committed to weight training, let's get on with the real, low-fat meat and cauliflower-mashed potatoes of this book: the training plans!

This book provides 12 different training plans. They are all AWESOME training plans. And ALL of these training plans WILL help you get stronger and more muscular. But you might find that 1 of these training plans is the perfect fit for you. Determine how many days per week you want to train, whether or not you want to do full-body splits, and whether or not you want to focus on strength or muscle growth ("hypertrophy"), and you WILL find your perfect plan out of these 12 different training plans.

Don't forget: The effort you put into training matters more than which program you choose. I'll say it again: Effort overrides variety.

12 TRAINING PLANS

There are 3 plan categories: Casual, Moderate, and Advanced. The casual plans are 1-day splits, which means that you will train your full body on every weight-training day. Both the casual and moderate templates are based on full-body workouts while the hardcore template splits back, legs, and chest training into separate days.

The objective with each training plan is to ensure you train every body part at least 2 times per week. So make sure you choose a plan based on an HONEST self-assessment of how often you will train.

Casual Plans	Moderate Plans	Hardcore Plans
• Full-body training every training day • Best for people who weight train 2-3 days per week	• 2-day training splits (upper/lower splits) • Best for people who weight train 4 days per week	• 3-day training splits (legs, chest/arms, and back) • Best for people who weight train 5-7 days per week

The training plans are further divided into 60- or 90-minute plans as well as hypertrophy and strength plans. The hypertrophy and strength plans differ in the

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amount of sets and reps per exercise, with hypertrophy plans having top sets with high rep ranges and strength plans having top sets with lower rep ranges.

CHOOSING A TRAINING PLAN

I 100% believe that it is important to make sure that you are enjoying the training and do not find it boring. This is how you will remain consistent. That is why my programs have built-in choices and flexibility. **You need to follow a program that YOU actually enjoy in order to maximize the chances that you will show up to the gym consistently and train hard. *Breaking up the monotony IS important for this psychological reason*** (it is not as important for physical reasons).

Remember, the effort and consistency you put into training matters more than which exercise you choose or what kind of split you use.

When someone hires me for coaching, one of my first questions for them is, "How much time per day and how many days per week are you able to dedicate to achieving your goals?"

Some people tell me they can only commit to 3 or 4 days a week, 60 minutes each day. Some people are able to commit to being in the gym 2 hours a day, 7 days a week (nobody really needs that much, but the intent is clear). Both are valid answers. Remember, be you, and do what you want. Be a male protein shake. Be a female protein shake. Be a circle or a square or a parallelogram, I don't care.

Normally I recommend sticking with a plan until it stops working or you're bored, but you can also feel free to alternate which training plan you're on. Maybe do a month on the casual plan, then do a month on the moderate plan, then go to the hardcore plan, and return to the casual plan. Maybe you do the hardcore plan when you can and scale back to the moderate or casual plans when you have less time in the week to commit or less energy in the gas tank. There's no right or wrong way to do it as long as you're NOT A MORON about it. **Just like in my anabolic kitchen, *there are NO RULES in this kitchen (I mean when picking a training plan)***.

So map out what your week looks like as far as when the best times are for you to lift weights and do cardio. Determine which days you can go for 60 minutes and which days for 90 minutes. Determine when you need a rest day. Determine if you want to alternate between strength days and hypertrophy days or focus primarily on hypertrophy. Figure out where your 150 minutes of weekly cardio will be. **That's doctor's orders! *(I am NOT A DOCTOR, so always consult your doctor before doing ANYTHING I say).***

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PERIODIZATION

"Periodization" is a really fancy word that is used extensively in the exercise science/kinesiology world. Now, since I am not here to confuse you, I won't get into fancy things like "Daily Undulating Periodization" (DUP) and "linear periodization." But, since I am smarter than I look, I do have one thing to say on the matter.

In bodybuilding and powerlifting, you might refer to "periodization" when describing the differences in how you train when you're in an "off season" versus when you are getting close to a competition. **Strategically planning and changing your training so that you maximize your performance for a sports competition is known as periodization.** If you are competing in a strength competition where you "peak" your strength for competition day, you will want to train differently in the weeks leading up to the meet compared to 3 or 4 months out from the competition.

Why does this matter? Well, just like people who compete in bodybuilding and powerlifting competitions, you too should vary your training to some extent. **If your goal is to get as strong as possible, you should start with a hypertrophy template for a long period of time—say, 5 to 6 months—and then follow that with a strength template for awhile. Then, when your lifts are not getting any stronger, return to the hypertrophy template for awhile and then resume with a strength template.**

Following a strategy like this is called "periodizing" your training. ***Generally speaking, this kind of strategy is more for intermediate and advanced athletes who already enjoy training, are showing up to the gym consistently, and plan to compete in strength competitions.***

SUSTAINABILITY

The reason there are 12 plans is because I want you to have the ability to change up your training based on your life!! There will be days where you can train for a full 90 minutes, and there will be days when you can train for only 60 minutes. There will also be weeks where you can train 3 days and weeks where you can train 5 days.

As much as I preach choosing the LOWEST amount that you think you will be able to do, I am providing you with OPTIONS so that you can change your plan based on how your life situation changes.

This is very different from most training plans, which are written with a specific progression over a specific amount of days and weeks in mind. I have built flexibility into these plans so that you have plans you can follow for months and months!

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Remember, success lies in consistency over the long haul.

GENERAL WARM UP

Always start your training sessions with 10 minutes of moderate intensity steady-state cardio. Yes, these 10 minutes count towards your weekly target for cardio. I spoke about that in the cardio chapter. READ IT!!!!) This is to elevate your body temperature and prevent injury.

For myself and my clients, unless you have specific issues you need to address, the 10 minutes of moderate, steady-state cardio is plenty for you to get started. After that, move on to your first exercise. The first set of each exercise is very light and will help you get prepared for the heavier sets of that same exercise.

TEMPO AND CONTROL

Instead of lifting as fast as possible, focus on lifting slowly so you can grow your muscles. This is known as maximizing **TIME UNDER TENSION (TUT)** for all exercises.

The eccentric part of the lift should be half the speed of the concentric. As a general rule, go for 2 seconds down (eccentric) and 1 second up (concentric) with a 1-second pause in the peak contracted position (such as in the hole of a squat or at your chest during a bench press) if possible. ***DO NOT PUMP OUT REPS AS FAST AS POSSIBLE!***

Always use control and squeeze even harder than usual (unless it's a strength-focused day). **If you make proper use of tempo and control, you won't need as much weight to train your muscles.** This is especially important when you might have to rely on home gym equipment due to the pandemic and gyms being closed.

EXPLOSIVENESS FOR STRENGTH

You may choose to focus on strength versus hypertrophy when you're training in the gym. That does not mean that you won't build muscle if you train for strength and that you won't build strength if you train for hypertrophy, as there is obviously lots of overlap. But there are ways to prioritize one or the other.

At the end of the day, if you're a beginner, you'll want to be bigger AND stronger. The stronger you get, the more weight you can lift, and the more stimulus you can give your muscles so they can grow. You may opt to alternate between strength- and hypertrophy-focused workouts day after day or dedicate 2

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months to hypertrophy before dedicating 2 months to strength. There really is no "best" way here. What's important is that you're training smart, training hard, not getting bored, not getting injured, making progress, and being consistent.

With hypertrophy-based workouts, you want to focus on TUT. That means that you want to lift the bar under a lot of control (see the section on tempo and control for more instructions).

When lifting for strength, you're going to see me give instructions such as "don't worry about TUT; just bang out some strong reps!" This doesn't mean get sloppy and lift by any means necessary. It just means that when focusing on strength, the idea is to lower the weight under control and then lift it as explosively as possible so the right muscles perform the movement in the right way. Controlled explosiveness is the name of the game. **When training for strength, you want to move light weight quickly and heavy weight quickly but with control.**

REP RANGE

My training plans are also different from most other coaches' training plans because I want you to target a rep range instead of reach a specific amount of reps. **The rep ranges are there because there is no way on this planet, even if I were coaching you for years, that I would be able to tell you exactly how many reps it will take you to achieve a certain intensity.** I DO NOT PRETEND TO KNOW EXACTLY HOW MANY REPS IT WILL TAKE FOR YOU TO ACHIEVE A CERTAIN INTENSITY!

However, note that because you should have read the section on CONTROL, you will likely hit muscle failure sooner than you think because each rep will take 3 or more seconds to complete. Most likely, if you took 3 seconds to do a push-up, you would not be able to do 50 reps like this.

In the training plans that follow these instructions, the given rep ranges assume you have adequate resistance for you to execute light, moderate, hard, and "ALL OUT" sets with the desired intensity for that rep range.

If you have NO resistance, or inadequate resistance for your exercise, then you will need to go well beyond the given rep range in order to achieve the desired intensity.

- For the **hypertrophy-focused training**, your working sets will generally be in the 12-15 rep range and warm-up sets can be 12-20 reps.
- For the **strength-focused training**, your rep ranges will be 8-10 reps for most sets and occasionally 5-8 reps for some of your heaviest sets.

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Naturally, the lower the rep range, the more weight you will need to use to hit your desired intensity.

INTENSITY

THIS IS WHERE EVERYONE GETS IT WRONG. They do 10 sets of 10 reps of each exercise, but they forget to actually TRAIN HARD. Too much junk volume and not enough effort. When you don't train hard, you will not get much out of your time and "effort" spent training.

With these training templates, you will never do a useless 10 by 10. **I have designed these plans with intensities you should strive for in order to achieve an adequate stimulus so you can make REAL progress.**

Most exercises will follow the same pattern: **There will be 1 light set, 1 moderate set, and 1-3 HARD and ALL OUT sets.**

If you are training for strength, there may be 1 or 2 more "light" sets before you get to the moderate and hard sets because you are working up to heavier weights.

The following are general "coaching instructions" I am giving you depending on if it is a light/moderate/hard/ALL OUT set.

Light	Moderate
This is a warm-up set with light resistance for 20 reps to get your body used to the exercise and prevent injury. It should feel like you could do 30 or more total reps in this set if you wanted to. Remember, this is a warm-up set, not a working set. You're doing this to get your muscles ready for the main effort of the day.	This set is not "all out" or hard, but it definitely should feel like you're working a lot more than you did on the first light set. **If the target rep range provided is 15-20, you should stop when you think you have 3-5 more high-quality, full-range-of-motion reps in reserve.**

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Hard	All Out
This set is very difficult. I would say a HARD set is when you could maybe do 1 or 2 more reps if you really tried. But it should feel like a really difficult set, after which you need a few minutes of rest to recover from it.	An ALL OUT set literally means that even if someone paid you $1000 on the spot, you could not complete another full-range-of-motion rep. **ALL OUT sets are HIGHLY ADVANCED and you should NOT do anything to an ALL OUT intensity until you have been following the plans for a month, at the bare minimum.** **In an ALL OUT set you can push beyond failure by adding partial reps or having a spotter help you to "push beyond failure" ("spot me bro" style) if it is safe to do so** (example: do NOT go beyond failure on a bench press when you have no spotter). Use your brain. DON'T BE A MORON!

ADVANCED TECHNIQUES

Most likely, if you have this book, you have watched a few of my videos and heard me talking about going "beyond failure" on ALL OUT sets. And yes, in a hard set, I often do push beyond failure. I might also do certain advanced techniques, like drop sets, forced reps, or partials.

Those are ADVANCED techniques and are NOT FOR BEGINNERS. If you are a beginner, DO NOT GO "BEYOND FAILURE." The use of advanced techniques is simply not necessary or recommended for you. Save these techniques for when you have at least several years of quality training experience under your belt. You don't need to go crazy with this stuff yet, and you aren't going to make any extra progress just because you're using advanced techniques. **Instead, max out your gains for a few years with the basics and save the fancy stuff for when the basics stop working.**

As such, there is no need to go beyond failure in any of these training plans. You can do more than last time for years before needing to go beyond failure.

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REST BETWEEN SETS

Rest periods do not need to be exact, and you don't need to hold a stopwatch when training. The intent is to not rest too long and also not rest too little, which prevents you from being ready for your next set. I generally expect you to rest a bit longer after higher intensity sets. On the flip side, you should not need as much rest after an easy, light set. Basically, just rest enough so that you're ready for your next set.

Rest periods should be slightly different based on whether you are doing straight sets or supersets as well as if you are training for strength or hypertrophy. Each template has a range of rest times between sets. Generally speaking, I have added an extra minute of rest for the strength-focused training.

The following table contains guidelines for rest time between sets depending on the intensity of the set as well as the type of template you are following. **It is OKAY to take an extra long rest break at any point during your workout. You may need to go to the bathroom to pee/poo/puke or perhaps to wash your hands harder than last time!**

Training Focus	Light Set Rest Time	Moderate Set Rest Time	Hard/All Out Set Rest Time
Hypertrophy	Up to 1 minute	1-2 minutes	2-4 minutes
Strength	Up to 2 minutes	2-3 minutes	3-5 minutes

You may simply not have adequate cardiovascular fitness to achieve the rest times in the table listed above. If you are very out of shape, obese, or as old as Grandpa Joe, simply doing all of the exercises in the templates will be a lot. **Rest times may need to be something you focus on later once you've improved your fitness level.**

PROGRESSIVE OVERLOAD

It is important to repeat the same exercises consistently over a period of time in order to allow yourself to progress in some form, including repetitions, technique, weight/resistance, load, total volume, rest time between sets, or reps in reserve. Always attempt to do better than the last time!

This is very important. You're going to see me talk about working HARDER THAN LAST TIME and going ALL OUT, but keep in mind that you have to start somewhere. Training is a marathon, not a sprint.

An important part of progressive overload is to pace yourself. Don't try to progress as fast as possible.

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"

Grab that bar and curl it!!! When you get tired after 8, 9, or 10 reps, do a couple more by cheating! THIS IS ONE TIME WHEN CHEATING IS GOOD! DON'T CHEAT ON YOUR GIRLFRIELD, CHEAT ON YOUR CURLS! Curls for girls, don't cheat on your girls!

"

Greg Doucette in "Best and Worst Exercises to Build Bigger Biceps"

As a result, I don't expect you to go ALL OUT in the first week. You have nothing to gain in the long run from destroying your body in week 1 of any plan, and you'd be better off gradually using a progressive overload.

I have two recommended progressions for my training plans. **YOU SHOULD USE YOUR SORENESS AND FATIGUE AS AN INDICATOR FOR WHETHER YOU ARE MOVING TOO FAST OR TOO SLOW. Your body needs to adapt to the changes and the new stimulus. This could literally take months!**

Therefore, for ALL plans, I have created two progression tables to help you get started: conservative and moderate. I have framed the progressions in terms of hard and ALL OUT sets because these are the sets that are the most difficult to recover from.

Conservative Progression for Hard and All Out Sets

Week 1	Week 2	Week 3	Week 4	1 month+	2 months+
6-10 reps in the tank	5 reps in the tank	3-4 reps in the tank	2-3 reps in the tank	1-2 reps in the tank	Go "all out" for real

Moderate Progression for Hard and All Out Sets

Week 1	Week 2	Week 3	Week 4+
3-4 reps in the tank	2-3 reps in the tank	1-2 reps in the tank	Go "all out" for real

My final word on this topic: Eventually, it will be impossible for you to improve each workout in terms of progressive overload, and that is OK. Realistically, you will get to a point where you do not see obvious progress each training session. I have so many clients freak out when they can't add 5lbs to their lifts each training session. As long as you're trying to improve, that's what matters most.

In other words, you have to zoom out, see the bigger picture, and determine if you are progressing on a monthly basis instead of a daily or weekly basis. Very advanced lifters and bodybuilders do this all the time when they look at yearly progress instead of monthly or weekly progress.

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HOW TO CHOOSE WEIGHTS

For each working set in all 12 training plans, I suggest how to pick weights by using terms like "light," "moderate," "heavy," and "heavier." **You will need to USE YOUR BRAIN to figure out the appropriate weights to use for each set. You will need to think about the exercise, rep range, rest period, tempo, and intensity, and then think realistically about how much resistance/weight to choose for you to achieve the targets for a particular set.**

You are going to screw up, and that's OK. **The way to screw up the LEAST is by taking very conservative guesses from the beginning.** Whatever you think the weight should be, drop it by 30% when starting one of my training plans. Always err on the side of caution when choosing weights. **Choosing too much weight can be dangerous and counterproductive. You want to be able to recover from your workout so you can show up to the next workout after a rest day.**

The following is a scenario you might experience with one of my training plans. For flat bench press, you're instructed to do 5 sets with the weights as "light," then "moderate," then "heavy," then "heavier." If you are NOT A MORON, then you should be able to realize that this means to add weight for each set.

However, if you cannot add weight because you are fatigued from all of the previous work sets (OR if you went too heavy to begin with and can't go any heavier without sacrificing technique), then DON'T ADD ANY MORE WEIGHT! **The weights to lift are just suggestions. You can either repeat the weight or lower it. IT DOESN'T MATTER!**

Let me be clear: If you are exhausted from previous sets or are not in good enough shape to do all the reps, then lower the weight so that you can do all the reps.

What does matter is to BE SAFE and only choose weights that you can lift for a full-range-of-motion rep without sacrificing quality technique.

WORKING UP TO YOUR FIRST SET

This should go without saying, but you never know how moronic someone might be!

Depending on how much you lift (and ESPECIALLY if you are a BEAST or freakishly strong), you may need to add additional light sets to work up to your first "working set" at a moderate weight.

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The precise amount of sets you need to do to get up to your first working weight is IMPOSSIBLE for me to know because I don't know how much you lift and I'm not your coach. So, you will have to use your judgment to add a reasonable amount to work up to your working weights.

Let's take an example. If you are a BEAST with a squat max of 500 pounds (~226 kilograms), your first set of 20 might be with 135 lbs (~61 kg). If the training plan says the next set is a moderate set of 15, you may need to jump to 275lbs (125kg) to feel a "moderate" level of intensity for 15 reps. But you might not be used to jumping from 135lbs (61kg) to 275lbs (125kg).

Depending on how strong you are, you may need to use the training plan as a starting point, and add a few sets to work up to your first "working weight."

HOW TO PROGRESSIVELY OVERLOAD WITHOUT ADDING MORE WEIGHT

This section was originally written for The Home and Hotel Hypertrophy Handbook, but I opted to leave it in here too. Depending on your available equipment, you may reach a point where you cannot add more weight. For example, you may get to the heaviest dumbbell available but still not have maxxed out your strength potential.

There are many options to keep intensity high while continuing to progressively overload when you run out of weight to add due to equipment limitations you might experience during the pandemic or even when you go on vacation somewhere and have limited gym access. Here are a few examples of ways to make an exercise HARDER without actually adding weight:

- **Increase the amount of reps per set.**
- **Reduce the rest time between sets.**
- **Increase the range of motion ("ROM") if applicable.** You can bench press with a close grip instead of a wide grip. You can stand on a 2-inch textbook for dumbbell or barbell deadlifts instead of deadlifting from the floor.
- **Reduce the tempo of the eccentric phase of the lift, aka slow down the descent**. You can reduce the speed of the descent of a barbell/goblet/front/whatever squat, from a 3-second descent to a 5-second descent. If you're already taking 5 seconds to descend on your squats, you can increase that to a 10-second descent. This increases the total time under tension.
- **Increase the time in the peak contracted position, aka slow down the pause**

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in the hole. Examples of exercises that this technique would work with include when the barbell touches your chest on the bench press or when you are in the hole of a squat. You can increase the pause on the chest of a bench press from a 1-second pause to a 3-second pause. When doing pull ups, you can pause when your chin is above the bar. This increases the total TUT.

- **Add or increase band tension**. You can add a band to make most exercises harder. Start with a light band. Once you've adapted to the tension of a light band, you can change to a thicker band.

Finally, you can add more than just one of the above modifications to an exercise to make it harder. ***Band tension + a slow eccentric phase + a long pause in the hole + high reps per set + short rest periods + long ROM = GAINS!***

I don't want to hear that you're too strong to train effectively in a shitty hotel gym or in your house or even in Planet Fitness. There are a million different ways you can modify the exercises to make them HARDER THAN LAST TIME!

WHEN TO CHANGE AN EXERCISE

Your body adapts to the specific stressors that are placed on it. If the stressor is changed too frequently, you will not see optimal adaptation. For example, it's unlikely you would become a great marathon runner by alternating between running, swimming, and yoga each week. You could mix in various forms of exercise to supplement your training, but running would need to be your primary focus. Weight training is the same way.

For this reason, **I typically recommend keeping the same exercises for a very very long time.** There is no need to switch up the exercises after a set amount of time (such as "4-week blocks"). There is nothing wrong with continuing to repeat the same exercises (except in the case of injury or lack of equipment). For example, you can do bicep curls every training session for the rest of your life!

A lot of coaches and programs will make you change your exercises every couple of weeks to make you believe they are doing something special. But the truth is, there is no magic amount of time marking when you've fully developed a skill, completely improved your technique, or gotten as strong as possible.

My motto is do the exercises you enjoy the most and are motivated to train the hardest. Simply put, you don't have to change the exercises if you don't want to.

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In my world, good reasons to change an exercise include: boredom, injury, lack of equipment, or zeerrrooo progress for multiple months. **There are no rules in my gym!**

GO AT YOUR OWN PACE!!!

I CANNOT STRESS THIS POINT ENOUGH!! JUST BECAUSE THE PROGRAM IS WRITTEN A CERTAIN WAY, DOES NOT MEAN YOU NEED TO COMPLETE EVERYTHING! DO THE BEST YOU CAN AND THEN DO BETTER NEXT TIME! THIS IS A MARATHON, NOT A SPRINT!!!

INJURY AVOIDANCE

Do not choose exercises that give you pain (injury kind of pain, not "feel the burn" kind of pain)!! Find ones that don't give you pain and leave the pain-inducing ones OUT!!

For example, some people have great shoulder mobility and can perform dips without any issues, while others with poor mobility and shoulder health will get awful pain. If you are planning to do dips for tricep work but experience shoulder pain, skip the dips. Choose another exercise instead to target the same muscle group, such as a close-grip bench press.

DELOADS

I don't usually write deloads into my plans. For most people, life happens. You get sick, your in-laws are in town, you travel for work, you go on vacation, your car breaks down, and VOILA! There is your deload. **As a general rule, life will provide you with plenty of opportunities for deloads.**

But let's assume nothing like that happens, and you go a few months without a break from the gym. **Are you making progress in the gym? Are you making gains? Are you injury-free? Are you still able to both mentally and physically push yourself in the gym? If so, you do not need a deload.**

Now, of course, life will sometimes throw curveballs at you that demand a physical and mental break from the gym. If that happens, just take a few days off from the gym and focus on cardio. Then, after a few days off from the gym, take a few days to

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a few weeks to train in the gym, but go EASIER than last time, NOT harder than last time. Have some fun, try new exercises, and reduce the intensity.

Note: If you are a powerlifter or bodybuilder, your deloads should be programmed into your yearly plan. After you compete in a meet or a show, you should definitely take some time off to not train hard and to heal injuries.

But, most people do NOT train with the level of intensity that requires a deload. **Bottom line, if you feel like you can still train hard, then DON'T TAKE A DELOAD!!!!**

STRETCHING

It's a great idea to stretch after your workout or cardio session to remain flexible. Remember, save the stretching for the end of your training. Don't stretch a cold muscle.

Stretching can, in fact, make you weaker if done before training. A warm muscle at the end of training will stretch a lot farther and be much more effective in your effort to increase flexibility compared to stretching at the beginning of a workout.

BONUS TIPS FOR PEOPLE WHO ARE BEAT UP AND/OR OLD!!

As someone who has been around the block (on a bike, now that I'm old) in terms of injuries and has to seriously modify my training plan due to injuries, I feel it is necessary to list out a few tips.

The first thing I will say on this matter is **DO EVERYTHING YOU CAN TO AVOID INJURIES! Many times, accumulated injuries, NOT AGE, derail your fitness and well-being over time.** Many of my suggestions below are oriented around avoiding injuries.

It doesn't matter if you're 30 or 50 or Grandma Josephine. You don't want to tear your hamstring or blow your back out. You need to be able to ***ease up when your body starts to ache!***

Try to ***avoid accumulating a ton of damage to your body throughout your whole life***. The sooner you learn how to train like a 40-year-old, the longer you will feel like a 30-year-old!! What this means is TRAIN SMART!! You cannot undo 50 years of

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damage. So you are better off reducing damage your whole life instead of having to correct for accumulated damage/chronic injuries.

Now that your mind is right about longevity, here are some tips to keep in mind:

- **Wear knee sleeves whenever you are squatting**. They will keep your knees feeling warm and lubricated. You never have to squat without knee sleeves if they help you feel less pain!
- Wear **wrist wraps whenever you bench** and do curls.
- **Rehband compression shorts** are really good for keeping your hips and lower back warm.
- **Elbow sleeves** are very helpful for bench and squat. You can also use your knee sleeves as elbow sleeves.
- Take ***more time to warm up than just 10 minutes*** of moderate-intensity cardio. You can increase that to 20-30 minutes.
- **Add mobility work** as part of your general warm-up. If you're really tight, you want to make sure you are adequately limber before you start to lift weights. Ideally, you will move your muscles and joints through their full range of motion before you add weight.
- You may **add another light set or two as part of your warm-up lifting sets**.
- **Forget about going ALL OUT. NEVER DO IT!!! There is NO need to be a hero in the gym!!**
- Make sure that you are **rested, hydrated, fed, and recovered** before working out. The last thing you need is an injury due to being chronically not recovered.
- **Do NOT do exercises that cause pain.** I know I said this in the "injury avoidance" section, but I need to reiterate that thought. Do not do exercises that cause pain. There are a million other options for you to choose from!!
- Avoid explosive and super heavy movements. Instead, ***do your exercises with lighter weight using tempo and/or pauses and/or band tension***. **It's not necessary to go super heavy. You can achieve significant hypertrophy with light weight**.
- Keep tension on the muscles and OFF of the joints. For example, if your knees are bothering you on squats, you can still perform the squats but with much lighter weight and by not coming up all the way up to "rest" in between each rep. You can reduce the time in between reps to maximize TUT.
- Choose safer exercises. You don't need to do a barbell squat to train your legs. You can use a hack squat, belt squat, or leg press. There are millions of options. **You will need to use your BRAIN and identify your options as well as**

experiment to see what causes pain and what does not.

- As a general rule of thumb, machine exercises tend to be the safest because you can concentrate on a muscle and limit the tension on your joints. **If you are beat up, choose machine variations wherever possible!**
- **Avoid exercises where you need to "throw up" heavy dumbbells to get in your start position** (such as dumbbell incline bench). Choose exercises that are less complicated to get into your start position (example: choose seated barbell overhead press instead of seated dumbbell shoulder press).
- **Modify exercises to work around pain.** For example, if your wrists hurt during push-ups, then you can hold onto dumbbell handles so that your wrists are straight instead of bent.
- **Avoid high-impact cardio completely**. For example, walk at an incline instead of jogging/running or consider going for a light swim instead of jumping rope.

BEST TIME OF DAY TO LIFT WEIGHTS

The best time to train is the time you WANT to train!

The next best time to train is the time you can train and perform well, which is usually early or late afternoon, after you have already eaten a few meals.

With that said, there is a worst time to train, and that is first thing in the morning. Look, if you're a morning person, if you really love morning training, or if it's your only option because of your schedule, I get it. Have at it! Go crush your morning training. But know you're not really going to be at your best first thing in the morning.

I've already said cardio first thing in the morning is not ideal, but even less ideal would be lifting weights first thing in the morning. Most likely, you are waking up depleted and slightly dehydrated. On top of that, you're a little groggy. Remember, you're going to be in a fasted state, and although that first meal will help, your body still needs some time to digest the food and adjust. It really will take you a few hours after waking up to fully be at your best in the gym. All in all, this is not the recipe for killing it in the gym.

If I had to recommend a "best time" to lift weights, it would be early afternoon (after lunch) or early evening (after work). You can be at your best at either of those times.

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Recommended Purchases

In order to expand your exercise options, I suggest the following purchases:

- **Straps or Versa Grips** (my personal favorite are Versa grips) - grip is going to be a limiting factor on certain exercises
- **Weight Belt** - can be used for heavy squats and deadlifts
- **Wrist wraps** - can be used for heavy squats and bench presses
- **Chalk** - great if your gym allows it
- **Knee sleeves and elbow sleeves** - not necessary but can keep your knees and elbows warm and feeling good
- **Dip/Pull-up belt** - great if you are very strong and bodyweight dips and pull-ups are too easy for you and can also be used for squats
- **Resistance bands** - can be used for many exercises including making dips and pull-ups easier for you
- **Gym bag** - for all the stuff mentioned above (Note, some gyms have a "no gym bag" policy. In this case, I'd recommend leaving your gym bag in a locker and dumping your stuff in a corner somewhere.)

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"

When you go to do a SQUAT movement, pretend you're going to take a POOP on a dirty toilet, and you're not sitting your ass on the friggen seat. You're going to sit back, reach back, take a poop, and come back up. NOT FUN!!

I'm sure you've done it before! You've walked into a friggen stall, and there's pee all over the seat. You lean back, you stretch your bum backwards, you bend backwards, and you poop. It's the easiest way to think about it!

So every time you're getting ready to squat, think about sitting backwards to poop on a friggen dirty toilet. If you do that you're going to do it right.

"

Greg Doucette in "The 3 BEST & 3 WORST exercises for GREAT GLUTES!!!"

Exercise Library

Many of the training plans reference some kind of "choice" exercise, which means that you can insert your preferred exercise based on equipment availability and movement preference. This exercise library is intended to be a **starting point** for exercises that can be inserted into your training plan of choice. Feel free to **get creative** based on equipment that you have available to you. This is a NON-EXHAUSTIVE list.

Know that just because a training program is written a certain way does not mean you need to do all of the exercises in there. **You should choose to make as many substitutions as you want from this exercise library based on the "choice exercise/muscle group" you want to train, listed in the table below.**

Some of these will contain a link to a video where I am talking about that particular exercise.

Choice Exercise/ Muscle Group	Options
Squat of Choice	Barbell Back Squat - High Bar, Mid Bar, or Low Bar Safety Bar Squat Barbell Front Squat ANY SQUAT MACHINE - Hack Squat, V-Squat, Belt Squat, Smith Machine Squat (with feet forward), etc. Leg Press Goblet Squat Sumo Squat (wide stance squat holding weight with dangling arms) Belt Squat
Bench Press of Choice	Flat Bench Press (various grip widths) Barbell Incline Bench Press Dumbbell Bench Dumbbell Floor Press Dumbbell Incline Bench ANY Chest Press Machine Weighted Push-Up Chest Press

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Choice Exercise/ Muscle Group	Options
Deadlift of Choice	Barbell Deadlift - Conventional or Sumo, Belted or Not Trap Bar Deadlift Romanian Deadlift (barbell or dumbbell) Snatch Grip Deadlift Deficit Deadlift (barbell or dumbbell) Block Deadlift Stiff Leg Deadlift
Pull-Up or Lat Pull-Down of Choice	Pull-up (NOTE: You can also use bands to make yourself lighter on pull-ups so you can do more reps. You can also use TRX suspension cables if you can't do a pull-up.) Chin-Up Neutral Grip Pull-up Pull-up Negatives Pull-over with dumbbell
Row of Choice	Barbell Row Dumbbell Row T-Bar Row Machine Row Chest-Supported Row Pendlay Row Cable Row Seal Row 1-Arm Bent-Over Row (with dumbbell or with laundry detergent) Banded Row Inverted Row Barbell Underhand Row TRX Cable Inverted Row Quadruped Row
Hamstrings	Hamstring curl machine Nordic Hamstring Curl Band Pull-Throughs Good mornings - band, barbell, machine Still Leg Deadlift Lying Leg Curls Standing Leg Curls Glute Hamstring Raise 1-Leg Romanian Deadlift Romanian Deadlift

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Choice Exercise/ Muscle Group	Options
Glutes	Hip Thrust - with band, kettlebell on lap, barbell, machine Glute cable kickbacks Hip Abduction Machine (or with bands) 1-Leg Hip Thrust
Calves	Standing 1- or 2-leg calf raise Seated 1- or 2-leg calf raise Donkey Calf Raise Seated Calf Press Calf Press on Leg Machine
Triceps	Tate Presses Lying dumbbell triceps extensions Triceps Extensions Push-ups (all variations) Dips/dip machine Flat Bench Press (all variations) - close grip, medium grip, wide grip Incline and Decline Bench Press Skullcrushers Close-Grip Push-ups Close Grip Incline and Decline Bench Press Tricep Press Downs using assisted Dip Machine Tricep Press using rope, straight bar, or v-shaped bar
Biceps	Bicep curl Chin-Ups Hammer curl Preacher curl Pronated to supinated curls Incline dumbbell curl Supinated/reverse grip bent-over row Concentration curl Bicep cable curls Lying down cable curls

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Choice Exercise/ Muscle Group	Options
Shoulders	Bent-over Lateral Raises Shoulder Press - seated or standing Seated overhead machine press Reverse fly Machine or Dumbbell or band or cable side lateral raises Reverse Pec Deck Bent-over Side Lateral Raises Standing or lying down face pulls
Chest	Chest Flies with dumbbells or bands or TRX/Makeshift TRX cables Floor Press Incline dumbbell bench Incline chest flies Push-ups (all variations) Machine Press Bench (all variations) - flat bench, decline bench, incline bench
Abs / Core	***Note on ab work:*** *The best way to do abs is to pose them in the mirror, in the morning before eating. Pretend to be at the beach showing them off, rather than doing direct ab work. This is what I have been doing for the past several decades (yes, I am THAT OLD)!* *Thus, ab work is optional, as your abs are trained indirectly through most resistance training when you are using free weights. But you can add ab work if it makes you happy.* Plank (if you do planks, disregard the "reps" and focus on achieving the desired intensity with time and resistance) Side Plank Rotating Planks Leg Raise Dragon Flag Hollow Rock Bird Dog Dead Bugs 1-Arm Bench Press Kettlebell March Ab Wheel V-Ups on floor/bench

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The #2 best exercise for biceps is dumbbell curls done a special way! It is a dumbbell curl where you start with a pronated grip and switch to a supinated grip.

Easy to remember! Pronated is when your hand is down. Supinated is when you can hold a cup of soup! Boom! There's a cup of coffeee. Supinate... you hold a cup of soup!

Greg Doucette in "Best and Worst Exercises to Build Bigger Biceps"

Frequently Asked Questions

Although this training book has never been published before, this FAQ is to answer questions that I often get from clients on related topics. It is also to address any miscellaneous topics that did not quite fit into any of the previous sections.

1. What if my focus is strength over physique?

Both strength and physique training go hand in hand. You need hypertrophy to develop a solid foundation of muscle to be able to lift more weights. And your muscles GROW when you subject them to stimulus that makes them work HARDER THAN LAST TIME!

So, I recommend periodizing your training by starting with hypertrophy templates and then following them with strength templates. You can only get as strong as your muscles allow. You need to grow those muscles with a hypertrophy protocol in order to be able to lift heavy shit!

That said, if you care more about strength over physique in the short-term, the obvious thing to do is choose to follow the strength templates. The rep ranges will be on the lower end.

Regardless of whichever plan you choose to follow, your muscles will grow and you will get stronger. So don't think about this too much.

2. What if I want to grow a certain part of my body more than others (for example, I want a bigger booty but not a wider back)?

There are no rules in this guide! Let's say you want more booty than back width from your training. You can swap out a few exercises in a circuit section based on your goals. If you want less back development, then do fewer back sets. If you want more booty work, simple. ADD MORE BOOTY WORK!

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3. As a woman, how do I modify the training plan?

Women can and should train just as hard as men. Women really do not need to train very differently from men! So you can follow the training plans as written.

A lot of women do come to me wanting to focus on lower body instead of upper body. You can remove some exercises as you see fit. For example, if you don't want to build your arms, then don't do any arm exercises. There are no rules in this kitchen (I mean gym)!!

4. What if I can't repeat the same exercise due to equipment limitations?

Do your best to find a movement pattern that is very similar. If you cannot find a movement pattern that is similar to the exercise you want to perform, use the exercise library as a reference to choose another exercise that trains the same muscle group with a similar training load.

5. What if I am still sore on a training day?

I see soreness as an indicator of how hard you are training and how well you are recovering. You should expect a moderate amount of soreness from starting a new training plan. But if your soreness is debilitating, you can reduce the intensity of the training sets, add another rest day, or back off a bit on the weight and then build up to progressively overload again. Basically, TRAIN EASIER THAN LAST TIME!

6. Should I wear a belt or knee sleeves or whatever when squatting / deadlifting / doing anything?

Belts and knee sleeves are great. Definitely use them if you have them. But don't use them for absolutely every exercise. They're a bonus because you can lift more weight. But don't think you can't squat because you forgot your belt or knee sleeves at home. You can still squat. Just lower the weight a bit and be sure you are BRACING YOUR CORE!!

7. Why do you have biceps on leg day?

There are many good ways to split up your training. During leg day, your biceps are quite fresh, unlike on arm day. At the end of a back day workout, your biceps are fatigued from pulling exercises typically done on back day (such as pull-ups, chin-

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ups, lat pull-downs, rows, etc.) On leg day though, you haven't used your biceps as much and thus should have more energy to do MORE focused volume work for your biceps at the end of your leg-training day.

It is also better to split up training body parts multiple times a week rather than doing it all in one day (which is the typical bro split). Rather than designing a typical run-of-the-mill bro split, I've designed plans that make more sense in the real world by using scientific principles of muscle growth, such as training each body part 2-3 times a week rather than 1 time a week, and using an appropriate amount of training volume and intensity on each day.

The fact that I train this way myself is a good indication that it's a good way to train!! I design training plans that I would personally want to use myself in the real world. I personally train like this right now. In fact, just yesterday I did this exact workout, training biceps and legs on the same day.

8. What if I have no equipment?

Lack of equipment is not an excuse to not train! You can purchase *The Home & Hotel Hypertrophy Handbook* if you want a full book about this topic. But if you don't, I recommend that you simply choose whatever weights you have around you and perform the exercises in the templates. So for squats, you can do a goblet squat with a sack of dog food. For bench, you're a little more out of luck, but you can do push-ups. Choose exercises to train similar muscle groups based on the equipment you have available to you.

9. Does this training plan replace a coach?

This training guide does not replace a human coach! A coach is a HUMAN who provides you with ongoing support, accountability, and advice. This training guide is a book with training templates. Though it provides a framework for individualizing the templates, it does not customize the templates for you! It also does not assess whether or not the current training plan is working. **To hire ME as a coach, visit gregdoucette.com/coaching.**

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Key Terminology & Abbreviations

To understand the instructions of each training template, please reference this key terminology guide.

BB - "Barbell"

Circuit - when you alternate between several exercises (usually 5 - 10) that target different muscle groups. If you have a circuit with 5 total exercises where you need to perform 3 total sets of each, you would first complete one set of each exercise before moving onto the second set of each exercise.

Concentric - Concentric movement is when the muscle shortens while producing force (contracting the muscle). This is the ascent of the squat, or the ascent portion of the bench press. In a biceps curl, the concentric phase is when you are going from a straight arm to a bent arm as you bring the dumbbell towards your shoulder.

DB - "Dumbbell"

Deload - a period of time in which you train EASIER THAN LAST TIME by lifting lighter weights and/or reducing your training volume

Eccentric - Eccentric movement is when the muscle lengthens while producing force. In easier terms, this is the "negative" portion of the lift. This is the descent of the squat, or the descent portion of the bench press. In a biceps curl, the eccentric phase is when you are going from a bent arm to a straight arm as you lower the dumbbell down — as long as the dumbbell is lowered slowly rather than letting it drop (i.e., the biceps are in a state of contraction to control the rate of descent of the dumbbell)

Forced Reps - when you have a training partner help you complete more reps than you can do by yourself. It's appropriate to add forced reps to the end of a set once you have reached failure on full range-of-motion reps completed by yourself.

Hypertrophy - all of my weight training is about hypertrophy, or growing the size of your muscles!

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Intensity - how HARD you are trying while performing an exercise. The intensity of a set is whether a set is LIGHT, MODERATE, or HARD.

KB - "Kettlebell"

Partials - "partial reps" are when you intentionally complete a rep of a movement with a partial range of motion (for example, not fully locking out your bench press before taking the bar back down)

Supersets - when two exercises are performed back-to-back with minimal to no rest.

Straight Sets - when all sets of an exercise are executed and completed before finally moving on to the next exercise. This is best for compound movements such as the powerlifts.

Tempo - the tempo is is the rate or pace in which an exercise is performed. Tempo and the way it is prescribed represents how long the muscle or group of muscles is under load or tension. Manipulating tempo can change the complete intent of the training program. SLOW tempos are important when you do not have access to heavy weights, when you want to improve your lifting technique, and when you want to maximize hypertrophy.

Time Under Tension (TUT) - refers to how long a muscle is under strain during a set. To increase TUT you either reduce the tempo of reps in a set OR you increase the number of reps you perform each set.

TRX - "TRX" stands for "Total Resistance Exercise" which is a training system where exercises are performed using cable suspension. The "TRX System" is a brand by itself but you can make your own TRX cables. I have seen makeshift TRXs using bedsheets and with cables, rope, and straps found in any hardware store.

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Casual Plans

Instructions

- The CASUAL templates are for people who plan to train **2-3 days per week**. The objective is to train your full body every time you show up to the gym. Therefore, there is only ONE full-body training split that you should repeat every time you show up to the gym.
- You may switch between 60- and 90-minute training day plans depending on time constraints.
- You may also switch between strength and hypertrophy-focused plans. But I recommend that you stick to either a strength or hypertrophy plan for at least a few months before switching.
- **You should repeat these 1-day splits for a long period of time and strive to progressively overload each time you follow each training day plan**. But you should start out by going EASY and then PROGRESSIVELY INCREASE THE WEIGHT AND INTENSITY (or any other form of progressive overload per the progressive overload section of this book)!
- Do not train with weights two days in a row. Make sure you have at least one non-lifting day in between weight training days!
- Don't forget to warm-up with 10 minutes of moderate intensity cardio.
- Make sure you READ the notes for each exercise where they are indicated. THEY ARE IMPORTANT!!!! **DON'T BE A MORON WHO DOESN'T READ!!!**
- Make sure you go in the order of the plans from top to bottom of the page. All plans begin with a compound movement of choice because those are the hardest. ***Don't bullshit me and do your curls before your bench!***
- Weights are just a suggestion of how to progress in weight. Always choose weights that allow you to achieve the desired intensity in the target rep range.
- Do not go "all out" at first! I do not want you to overtrain. You have to "do more than last time," but you also have to crawl before you walk and walk before you run.

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#1

CASUAL TEMPLATE I

1-Day Split
60 Minutes
Hypertrophy

Coach Greg's Casual Template I

1-Day Split | 60 Minutes | Hypertrophy

DAY I - FULL BODY

PART 1: SQUATS & LATS/BICEPS ALTERNATING SETS

Notes & Instructions

- For **Squat of Choice/Leg Press**: Control the weight the entire time and focus on a SLOW eccentric/TUT. Each set should take approximately 30-40 seconds.
- For **Pull-Up/Lat Pull-Down/Chin-Up/Supinated Grip Lat Pull-Down:** focus on controlling the weight/a ***slow eccentric.***
- It's OK to rest a bit longer if you need it.
- ***If you get 15 reps on the last 2 sets of squats or back, increase the weight next time.***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Back/ Biceps	Chin-up/Supinated Grip Lat Pull-down	15	1 min	Light	Easy			
2	Squat	Squat of Choice or Leg Press	15	1 min	Light	Easy			
3	Back	Pull-up/Lat Pull-down	12-15	1-2 min	Moderate	Moderate			
4	Squat	Squat of Choice or Leg Press	12-15	1-2 min	Moderate	Moderate			
5	Back/ Biceps	Chin-up/Supinated Grip Lat Pull-down	11-15	1-2 min	Heavy	Hard			
6	Squat	Squat of Choice or Leg Press	11-15	1-2 min	Heavy	Hard			
7	Back	Pull-up/Lat Pull-down	11-15	1-2 min	Heavy	Hard			

PART 2: DEADLIFT/ROW & BENCH/CHEST ALTERNATING SETS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- **Deadlifts:** No belt for the easy and moderate sets. Belt is optional for the hard set. For the All Out set you may wear a belt and straps. ***Leave your ego at the door and RESET all of your deadlift reps, except for the last ALL OUT set (you can touch-and-go that set). This will eliminate the stretch reflex effect and make the exercise HARDER THAN LAST TIME!***
- **Bench:** ***LEAVE YOUR EGO AT THE DOOR and PAUSE on ALL sets (except the very last ALL OUT set). This will help you avoid injury!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice	15	1 min	Light	Easy			
2	Bench	Paused Bench Press of Choice	15	1 min	Light	Easy			
3	Deadlift	Deadlift of Choice	12-15	1.5-2 min	Moderate	Moderate			
4	Bench	Paused Bench Press of Choice	12-15	1.5-2 min	Moderate	Moderate			
5	Deadlift	Deadlift of Choice	10-12	1.5-2 min	Heavy	Hard			
6	Bench	Paused Bench Press of Choice	10-12	1.5-2 min	Heavy	Hard			
7	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	12-15	1-2 min	Moderate/ Heavy	Moderate/ Hard			
8	Chest	Chest Machine of Choice	12-15	1-2 min	Moderate/ Heavy	Moderate/ Hard			
9	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	10-15	1-2 min	Heavier	Hard			
10	Chest	Chest Machine of Choice	10-15	1-2 min	Heavier	Hard			

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DAY I - FULL BODY (continued...)

PART 3: ACCESSORIES CIRUIT/ROTATION

Notes & Instructions

- **This is a full-body circuit. Hit all the muscle groups. You can choose any exercise that is appropriate for that muscle.**
- **Do 2 rounds of circuits/rotations of exercises.** You may do more than 2 rounds if you have time at the end of your workout.
- **You can swap out exercises based on what YOU want to train.** For example, if your calves are already huge but your chest needs more work, you can swap out the calf exercise for a chest exercise. ***Use the EXERCISE LIBRARY (pages 58-61) to help you choose.***
- If a machine is occupied and you can't do the full circuit, you can skip an exercise and then do it later.
- Focus on ***controlling the weight/a slow eccentric***.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Shoulders	Shoulder Press	20	15-45s	Moderate	Moderate			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	20	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	20	15-45s	Moderate	Moderate			
	Triceps	Bodyweight or Machine Dips	20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	20	15-45s	Moderate	Moderate			
ROUND 2	Shoulders	Shoulder Press	12-15	15-60s	Heavy	Hard			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	12-15	15-60s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	12-15	15-60s	Heavy	Hard			
	Triceps	Bodyweight or Machine Dips	12-15	15-60s	Heavy	Hard			
	Calves	Calf Raise	12-15	15-60s	Heavy	Hard			

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#2

CASUAL TEMPLATE II

1-Day Split
60 Minutes
Strength

Coach Greg's Casual Template II

1-Day Split | 60 Minutes | Strength

DAY I - FULL BODY

PART 1: SQUATS & LATS/BICEPS ALTERNATING SETS

Notes & Instructions

- For **Squat of Choice/Leg Press**: Control the weight the entire time but don't worry about a slow eccentric. ***BANG OUT SOME STRONG REPS!!!***
- For **Pull-Up/Lat Pull-Down/Chin-Up/Supinated Grip Lat Pull-Down:** focus on controlling the weight. ***The eccentric should be half the speed of the concentric!***
- It's OK to rest a bit longer if you need it.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Back/ Biceps	Chin-up/Supinated Grip Lat Pull-down	12	1 min	Light	Easy			
2	Squat	Squat of Choice or Leg Press	12	1 min	Light	Easy			
3	Back	Pull-up/Lat Pull-down	10	1-2 min	Moderate	Moderate			
4	Squat	Squat of Choice or Leg Press	10	1-2 min	Moderate	Moderate			
5	Back/ Biceps	Chin-up/Supinated Grip Lat Pull-down	6-8	1.5-2 min	Heavy	Hard			
6	Squat	Squat of Choice or Leg Press	6-8	1.5-2 min	Heavy	Hard			
7	Back	Pull-up/Lat Pull-down	5-8	1.5-2 min	Heavy	Harder			

PART 2: DEADLIFT/ROW & BENCH/CHEST ALTERNATING SETS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- **Deadlifts:** No belt for the easy and moderate sets. Belt is optional for the hard set. For the All Out set you may wear a belt and straps. ***Leave your ego at the door and RESET all of your deadlift reps, except for the last ALL OUT set (you can touch-and-go that set). This will eliminate the stretch reflex effect and make the exercise HARDER THAN LAST TIME!***
- **Bench:** ***LEAVE YOUR EGO AT THE DOOR and PAUSE on ALL sets (except the very last ALL OUT set). This will help you avoid injury!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice	12	1 min	Light	Easy			
2	Bench	Paused Bench Press of Choice	12	1 min	Light	Easy			
3	Deadlift	Deadlift of Choice	10	1.5-2 min	Moderate	Moderate			
4	Bench	Paused Bench Press of Choice	10	1.5-2 min	Moderate	Moderate			
5	Deadlift	Deadlift of Choice	5-8	1.5-2 min	Heavy	Hard			
6	Bench	Paused Bench Press of Choice	5-8	1.5-2 min	Heavy	Hard			
7	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	10-12	1-2 min	Moderate/ Heavy	Moderate/ Hard			
8	Chest	Chest Machine of Choice	10-12	1-2 min	Moderate/ Heavy	Moderate/ Hard			
9	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	6-8	1-2 min	Heavier	Hard			
10	Chest	Chest Machine of Choice	6-8	1-2 min	Heavier	Hard			

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DAY I - FULL BODY

PART 3: ACCESSORIES CIRUIT/ROTATION

Notes & Instructions

- **This is a full-body circuit. Hit all the muscle groups. You can choose any exercise that is appropriate for that muscle.**
- **Do 2 rounds of circuits/rotations of exercises.** You may do more than 2 rounds if you have time at the end of your workout.
- **You can swap out exercises based on what YOU want to train.** For example, if your calves are already huge but your chest needs more work, you can swap out the calf exercise for a chest exercise. ***Use the EXERCISE LIBRARY (pages 58-61) to help you choose.***
- If a machine is occupied and you can't do the full circuit, you can skip an exercise and then do it later.
- Focus on ***controlling the weight/a slow eccentric***.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Shoulders	Shoulder Press	12	45-90s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	12	45-90s	Moderate	Moderate			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	12	45-90s	Moderate	Moderate			
	Calves	Calf Raise	12	45-90s	Moderate	Moderate			
ROUND 2	Shoulders	Shoulder Press	8-10	45-90s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	8-10	45-90s	Heavy	Hard			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	8-10	45-90s	Heavy	Hard			
	Calves	Calf Raise	8-10	45-90s	Heavy	Hard			
ROUND 3	Shoulders	Shoulder Press	8-10	45-90s	Same	Harder			
	Biceps	Seated Incline Dumbbell Curls	8-10	45-90s	Same	Harder			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	8-10	45-90s	Heavy	Harder			
	Calves	Calf Raise	8-10	45-90s	Same	Harder			

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#3

CASUAL TEMPLATE III

1-Day Split
90 Minutes
Hypertrophy

Coach Greg's Casual Template III

1-Day Split | 90 Minutes | Hypertrophy

DAY I - FULL BODY

PART 1: SQUATS & LATS ALTERNATING SETS

Notes & Instructions

- For **Squat of Choice/Leg Press**: Control the weight the entire time and focus on a SLOW eccentric/TUT. Each set should take approximately 30-40 seconds.
- For **Pull-Up/Lat Pull-Down/Chin-Up/Supinated Grip Lat Pull-Down:** focus on controlling the weight/a ***slow eccentric.***
- It's OK to rest a bit longer if you need it.
- ***If you get 15 reps on the last 2 sets of squats or back, increase the weight next time.***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Squat	Squat of Choice or Leg Press	15	1-1.5 min	Light	Easy			
2	Back	Pull-up/Lat Pull-down	15	1-1.5 min	Light	Easy			
3	Squat	Squat of Choice or Leg Press	12-15	1-2 min	Moderate	Moderate			
4	Back	Pull-up/Lat Pull-down	12-15	1-2 min	Moderate	Moderate			
5	Squat	Squat of Choice or Leg Press	11-15	1.5-2.5 min	Heavy	Hard			
6	Back	Chin-up/Supinated Grip Lat Pull-down	11-15	1.5-2.5 min	Heavy	Hard			
7	Squat	Squat of Choice or Leg Press	10-15	1.5-2.5 min	Same	Hard			
8	Back	Chin-up/Supinated Grip Lat Pull-down	10-15	1.5-2.5 min	Same	Hard			

PART 2: DEADLIFT/ROW & BENCH/CHEST ALTERNATING SETS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time and focus on a ***SLOW eccentric/TUT***. Each set should take approximately 30-40 seconds.
- **Deadlifts:** No belt for the easy and moderate sets. Belt is optional for the hard set. For the All Out set you may wear a belt and straps.
- **Bench:** ***Leave your EGO at the DOOR*** and PAUSE on ALL sets. This will help you avoid injury!

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice	15	1-1.5 min	Light	Easy			
2	Bench	Paused Bench Press of Choice	15	1-1.5 min	Light	Easy			
3	Deadlift	Deadlift of Choice	15	1.5-2 min	Moderate	Moderate			
4	Bench	Paused Bench Press of Choice	15	1.5-2 min	Moderate	Moderate			
5	Deadlift	Deadlift of Choice	12-15	1.5-2 min	Heavy	Hard			
6	Bench	Paused Bench Press of Choice	12-15	1.5-2 min	Heavy	Hard			
7	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	15	1-2 min	Moderate	Moderate			
8	Chest	Chest Machine of Choice	15	1-2 min	Moderate	Moderate			
9	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	12	1-2 min	Heavy	Hard			
10	Chest	Chest Machine of Choice	12	1-2 min	Heavy	Hard			
11	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	10-12	1-2 min	Same	Harder			
12	Chest	Chest Machine of Choice	10-12	1-2 min	Same	Harder			

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DAY I - FULL BODY (continued...)

PART 3: ACCESSORIES CIRUIT/ROTATION

Notes & Instructions

- **This is a full-body circuit. Hit all the muscle groups. You can choose any exercise that is appropriate for that muscle.**
- **Do 3 rounds of circuits/rotations of exercises.** You may do more rounds if you have time and feel like a BEAST.
- **You can swap out exercises based on what YOU want to train.** For example, if your calves are already huge but your chest needs more work, you can swap out the calf exercise for a chest exercise. ***Use the EXERCISE LIBRARY (pages 58-61) to help you choose.***
- If a machine is occupied and you can't do the full circuit, you can skip an exercise and then do it later.
- Focus on ***controlling the weight/a slow eccentric***.

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Shoulders	Shoulder Press of Choice	20	15-45s	Moderate	Moderate			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	20	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	20	15-45s	Moderate	Moderate			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	20	15-45s	Moderate	Moderate			
	Quads	Leg Press OR Leg Extension	20	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl (seated or lying)	20	15-45s	Moderate	Moderate			
	Calves	Standing or Seated Calf Raise	20	15-45s	Moderate	Moderate			
ROUND 2	Shoulders	Shoulder Press of Choice	12-15	15-60s	Heavy	Hard			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	12-15	15-60s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	12-15	15-60s	Heavy	Hard			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	12-15	15-60s	Heavy	Hard			
	Calves	Standing or Seated Calf Raise	12-15	15-60s	Heavy	Hard			
ROUND 3	Shoulders	Shoulder Press of Choice	10-15	15-60s	Same	Harder			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	10-15	15-60s	Same	Harder			
	Biceps	Seated Incline Dumbbell Curls	10-15	15-60s	Same	Harder			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	10-15	15-60s	Same	Harder			
	Calves	Standing or Seated Calf Raise	10-15	15-60s	Same	Harder			

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#4

CASUAL TEMPLATE IV

1-Day Split
90 Minutes
Strength

Coach Greg's Casual Template IV

1-Day Split | 90 Minutes | Strength

DAY I - FULL BODY

PART 1: SQUATS & LATS ALTERNATING SETS

Notes & Instructions

- For **Squat of Choice/Leg Press**: Control the weight the entire time and focus on a SLOW eccentric/TUT. Each set should take approximately 30-40 seconds.
- For **Pull-Up/Lat Pull-Down/Chin-Up/Supinated Grip Lat Pull-Down:** focus on controlling the weight/a ***slow eccentric.***
- It's OK to rest a bit longer if you need it.
- ***If you get 15 reps on the last 2 sets of squats or back, increase the weight next time.***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Squat	Squat of Choice or Leg Press	12	1-1.5 min	Light	Easy			
2	Back	Pull-up/Lat Pull-down	12	1-1.5 min	Light	Easy			
3	Squat	Squat of Choice or Leg Press	10	1.5-2 min	Moderate	Moderate			
4	Back	Pull-up/Lat Pull-down	10	1.5-2 min	Moderate	Moderate			
5	Squat	Squat of Choice or Leg Press	6-8	2-3 min	Heavy	Hard			
6	Back	Chin-up/Supinated Grip Lat Pull-down	6-8	2-3 min	Heavy	Hard			
7	Squat	Squat of Choice or Leg Press	5-8	2-3 min	Same	Hard			
8	Back	Chin-up/Supinated Grip Lat Pull-down	5-8	2-3 min	Same	Hard			

PART 2: DEADLIFT/ROW & BENCH/CHEST ALTERNATING SETS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time and focus on a ***SLOW eccentric/TUT***. Each set should take approximately 30-40 seconds.
- **Deadlifts:** No belt for the easy and moderate sets. Belt is optional for the hard set. For the All Out set you may wear a belt and straps.
- **Bench:** ***Leave your EGO at the DOOR*** and PAUSE on ALL sets. This will help you avoid injury!

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice	12	1-1.5 min	Light	Easy			
2	Bench	Paused Bench Press of Choice	12	1-1.5 min	Light	Easy			
3	Deadlift	Deadlift of Choice	8-10	2-3 min	Moderate	Moderate			
4	Bench	Paused Bench Press of Choice	8-10	2-3 min	Moderate	Moderate			
5	Deadlift	Deadlift of Choice	6-8	2-3 min	Heavy	Hard			
6	Bench	Paused Bench Press of Choice	6-8	2-3 min	Heavy	Hard			
7	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	12	2 min	Moderate	Moderate			
8	Chest	Incline Chest Press of Choice	12	2 min	Moderate	Moderate			
9	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	6-9	2 min	Heavy	Hard			
10	Chest	Incline Chest Press of Choice	6-9	2 min	Heavy	Hard			
11	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	5-8	2 min	Same	Harder			
12	Chest	Incline Chest Press of Choice	5-8	2 min	Same	Harder			

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DAY I - FULL BODY (continued...)

PART 3: ACCESSORIES CIRUIT/ROTATION

Notes & Instructions

- **This is a full-body circuit. Hit all the muscle groups. You can choose any exercise that is appropriate for that muscle.**
- **Do 2-3 rounds of circuits/rotations of exercises.** You may do 3 or more rounds if you have time and feel like a BEAST.
- **You can swap out exercises based on what YOU want to train.** For example, if your calves are already huge but your chest needs more work, you can swap out the calf exercise for a chest exercise. ***Use the EXERCISE LIBRARY (pages 58-61) to help you choose.***
- If a machine is occupied and you can't do the full circuit, you can skip an exercise and then do it later.
- Focus on ***controlling the weight/a slow eccentric***.

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Shoulders	Shoulder Press of Choice	12	15-45s	Moderate	Moderate			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	12	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	12	15-45s	Moderate	Moderate			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	12	15-45s	Moderate	Moderate			
	Calves	Standing or Seated Calf Raise	12	15-45s	Moderate	Moderate			
ROUND 2	Shoulders	Shoulder Press of Choice	8-10	30-60s	Heavy	Hard			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	8-10	30-60s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	8-10	30-60s	Heavy	Hard			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	8-10	30-60s	Heavy	Hard			
	Calves	Standing or Seated Calf Raise	8-10	30-60s	Heavy	Hard			
ROUND 3 (optional)	Shoulders	Shoulder Press of Choice	7-10	45-90s	Heavier	Harder			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	7-10	45-90s	Heavier	Harder			
	Biceps	Seated Incline Dumbbell Curls	7-10	45-90s	Heavier	Harder			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	7-10	45-90s	Heavier	Harder			
	Calves	Standing or Seated Calf Raise	7-10	45-90s	Heavier	Harder			

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Moderate Plans

Instructions

- The MODERATE templates are for people who plan to train **4 days per week**. The objective is to train your full body twice per week. There are two splits within these training plans - a leg day and a chest/back day.
- You may switch between 60- and 90-minute training day plans depending on time constraints.
- You may also switch between strength and hypertrophy-focused plans. But I recommend that you stick to etiher a strength or hypertrophy plan for at least a few months before switching.
- **You should repeat these 2-day splits for a long period of time and strive to progressively overload each time you follow each training day plan**. But you should start out by going EASY and then PROGRESSIVELY INCREASE THE WEIGHT AND INTENSITY (or any other form of progressive overload per the progressive overload section of this book)!
- Don't forget to warm-up with 10 minutes of moderate intensity cardio.
- Make sure you READ the instructions & notes for each exercise where they are indicated. THEY ARE IMPORTANT!!!! **DON'T BE A MORON AND NOT READ!!!**
- Make sure you go in the order of the plans from top to bottom of the page. All plans begin with a compound movement of choice because those are the hardest. Don't bullshit me and do your curls before your bench!
- **Rest periods are guidelines.** Do the best you can to follow them but don't start a compound movement if you're too tired.
- Weights are just a suggestion of how to progress in weight. Always choose weights that allow you to achieve the desired intensity in the target rep range.
- Do not go "all out" at first! I do not want you to overtrain. You have to "do more than last time," but you also have to crawl before you walk and walk before you run.
- It may take a month or more before you are able to train to failure/all out.

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#5

MODERATE TEMPLATE I

2-Day Split
60 Minutes
Hypertrophy

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2 OUT OF THE FOLLOWING 3 EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Control the weight the entire time and ***focus on TUT of approximately 30-45 seconds per set. Do not rush these exercises. It's not a race to see who can do the most reps the fastest!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	**Barbell Squat of Choice** *Choose a **barbell variation** such as Back Squat or Front Squat. **PAUSE ALL OF YOUR REPS!!***	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10-12	2-3 min	Heavy	Hard			
			9-12	3-4 min	Same	All Out			
OPTION B	Squat	**Machine Squat of Choice** *Choose a **machine variation** such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.*	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	3-4 min	Same	All Out			
OPTION C	Legs	**Leg Press**	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	3-4 min	Same	All Out			

PART 2: LEG & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **Complete 3 rounds** of this **rotation/circuit. Keep in mind that the first two rounds have more exercises than the 3rd round.**
- This circuit is intended to hit any muscle groups you want to focus on. ***You can change the exercises and targeted muscle groups as desired*** *(for ideas, use the **Exercise Library** on pages 58-61).*
- ***Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)***
- ***You may use ANY kind of resistance that you have access to.*** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. ***Use what is available to you!***

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Adductors	Adductor Machine	15-20	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice or Abductor Machine	15-20	15-45s	Moderate	Moderate			
	Biceps	Barbell or Dumbbell Curl	15-20	15-45s	Moderate	Moderate			
	Quads	Leg Extension	15-20	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl	15-20	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	15-20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	15-20	15-45s	Moderate	Moderate			

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DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEG & BICEPS ACCESSORIES CIRCUIT/ROTATION (continued)									
Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 2	Adductors	Adductor Machine	12-15	30-60s	Heavy	Hard			
	Glutes	Hip Thrust of choice or Abductor Machine	12-15	30-60s	Heavy	Hard			
	Biceps	Barbell or Dumbbell Curl	12-15	30-60s	Heavy	Hard			
	Quads	Leg Extension	12-15	30-60s	Heavy	Hard			
	Hamstrings	Leg Curl	12-15	30-60s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	12-15	30-60s	Heavy	Hard			
	Calves	Calf Raise	12-15	30-60s	Heavy	Hard			
ROUND 3	Biceps	Barbell or Dumbbell Curl	8-12 + 5-10 partials	60-90s	Heavier	Hard/All Out			
	Calves	Calf Raise	8-12 + 5-10 partials	60-90s	Heavier	Hard/All Out			
	Biceps	Seated Incline Dumbbell Curls	8-12 + 5-10 partials	60-90s	Heavier	Hard/All Out			
	Calves	Calf Raise	8-12 + 5-10 partials	Call your Side Circle	Heavier	Hard/All Out			

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DAY 2 - UPPER BODY & BACK

PART 1: DEADLIFTS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- Don't use a belt for the easy and moderate sets. For the hard and all out sets, you may wear a belt and straps.
- First 3 sets of deadlifts should have **FULL RESETS**. This means that you will pause the weight on the floor in between each rep. For the ALL OUT set, do touch-and-go style.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice *Note: When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.*	20	1 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12	2-3 min	Heavy	Hard			
			10-15	2-3 min	Heavier	All Out			

PART 2: BENCH & BACK ALTERNATING SETS

Notes & Instructions

- Alternate bench press sets with pull-up/lat pull-down sets.
- Control the weight the entire time.
- For **Pull-Up/Lat Pull-Down,** focus on controlling the weight/a ***slow eccentric.***
- For **Bench, pause on all sets.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Bench Press	15	1 min	Light	Easy			
2	Back	Neutral Grip Lat Pull-Down	15	1 min	Light	Easy			
3	Chest	Bench Press	12	1-1.5 min	Moderate	Moderate			
4	Back	Neutral Grip Lat Pull-Down	12	1-1.5 min	Moderate	Moderate			
5	Chest	Bench Press	10-12	1-2 min	Heavy	Hard			
6	Back	Neutral Grip Lat Pull-Down	10-12	1-2 min	Heavy	Hard			
7	Chest	Bench Press	9-12	1-2 min	Same	All Out			
8	Back	Neutral Grip Lat Pull-Down	9-12	1-2 min	Same	All Out			

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DAY 2 - UPPER BODY & BACK (continued)

PART 3: UPPER ACCESSORIES ALTERNATING SETS

Notes & Instructions

- Alternate back exercises with chest exercises, followed by a triceps, back, and shrugs finisher sequence.
- For both bench and row, control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- **Wear straps for rows and shrugs.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Shoulders	Shoulder/Overhead Press of Choice	15-20	60-90s	Moderate	Moderate			
2	Back	Row of Choice	15-20	60-90s	Moderate	Moderate			
3	Shoulders	Shoulder/Overhead Press of Choice	15	60-90s	Moderate/ Heavy	Moderate/ Hard			
4	Back	Row of Choice	15	60-90s	Moderate/ Heavy	Moderate/ Hard			
5	Shoulders	Shoulder/Overhead Press of Choice	12-15	60-90s	Heavy	Hard			
6	Back	Row of Choice	12-15	60-90s	Heavy	Hard			
7	Triceps	Triceps Press-down/ Skullcrushers	12-15	60-90s	Moderate/ Heavy	Moderate/ Hard			
8	Back	Straight-Arm Push-Down	12-15	60-90s	Moderate/ Heavy	Moderate/ Hard			
9	Triceps	Triceps Press-down/ Skullcrushers	10-12	60-90s	Heavy	All Out			
10	Back	Straight-Arm Push-Down	10-12	60-90s	Heavy	All Out			
11	Traps	Dumbbell/Barbell Shrug (wear straps)	15-20 + 10 partials	Take your pumped up neck home harder than last time	Heavy	All Out			

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#6

MODERATE TEMPLATE II

2-Day Split
60 Minutes
Strength

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2 OUT OF THE 4 FOLLOWING EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!
JUST PICK 2!!!

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Control the weight the entire time and ***BANG OUT SOME STRONG REPS!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	**Barbell Squat of Choice** *Choose a **barbell variation** such as Back Squat or Front Squat.*	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	Harder			
			5-8	3-4 min	Same	All Out			
OPTION B	Squat	**Machine Squat of Choice** *Choose a **machine variation** such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.*	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION C	Legs	**Leg Press**	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION D	Legs	Leg Extension	15	30-60s	Moderate	Moderate			
		Leg Curl	15	30-60s	Moderate	Moderate			
		Leg Extension	8-12	60-90s	Heavier	Hard			
		Leg Curl	8-10	60-90s	Heaver	Hard			
		Leg Extension	8-10 + 5 partials	1-2 min	Same	All Out			
		Leg Curl	8-10 + 5 partials	1-2 min	Same	All Out			

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DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **Complete 2 rounds of this rotation/circuit in any order.**
- This circuit is intended to hit any muscle groups you want to focus on. ***You can change the exercises and targeted muscle groups as desired*** *(for ideas, use the* ***Exercise Library*** *on pages 58-61).*
- ***Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)***
- ***You may use ANY kind of resistance that you have access to.*** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. ***Use what is available to you!***

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Adductors	Adductor Machine/Side Leg Raise	15	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice OR Abductors	15	15-45s	Moderate	Moderate			
	Quads	Leg Extension	15	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl	15	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	15	15-45s	Moderate	Moderate			
	Calves	Standing or seated calf raise	15	15-45s	Moderate	Moderate			
ROUND 2	Adductors	Adductor Machine/Side Leg Raise	12-15	15-45s	Heavier	Hard/All Out			
	Glutes	Hip Thrust of choice OR Abductors	10-12	15-45s	Heavier	Hard/All Out			
	Quads	Leg Extension	10-12	15-45s	Heavier	Hard/All Out			
	Hamstrings	Leg Curl	10-12	15-45s	Heavier	Hard/All Out			
	Biceps	Seated Incline Dumbbell Curls	8-12	15-45s	Heavier	Hard/All Out			
	Calves	Standing or seated calf raise	10-12	15-45s	Heavier	Hard/All Out			

PART 3: BICEPS/CALVES SUPERSET

Notes & Instructions

- Alternate biceps with calves.
- ***Focus on controlling the weight/TUT (a slow eccentric).***
- On the last set of calves, do 5-10 partials after you can no longer do a full range-of-motion rep.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Biceps	Machine preacher curls or bicep curls	15	15-45s	Heavy	Hard			
2	Calves	Standing or seated calf raise	20	15-45s	Heavy	Hard			
3	Biceps	Machine preacher curls or bicep curls	12-15	15-45s	Heavier	All Out			
4	Calves	Standing or seated calf raise	15-20	15-45s	Heavier	All Out			
5	Biceps	Machine preacher curls or bicep curls	10-15	15-45s	Same	All Out			
6	Calves	Standing or seated calf raise	15-20	15-45s	Same	All Out			

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DAY 2 - UPPER BODY & BACK

PART 1: DEADLIFTS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- ***Rest/Reset at the bottom of each deadlift EXCEPT for the All Out set.***
- Don't use a belt for the easy and moderate sets. For the hard and all out sets, you may wear a belt and straps.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice *Note: When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.*	15	1 min	Light	Easy			
			12	1-1.5 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			5-8	3 min	Heavier	All Out			

PART 2: BENCH & BACK ALTERNATING SETS

Notes & Instructions

- Alternate bench press sets with pull-up/lat pull-down sets.
- Control the weight the entire time.
- For **Pull-Up/Lat Pull-Down,** focus on controlling the weight/a ***slow eccentric.***
- For **Bench, pause on all sets.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Bench Press	15	1 min	Light	Easy			
2	Back	Neutral Grip Pull-Up/Neutral Grip Lat Pull-Down	15	1 min	Light	Easy			
3	Chest	Bench Press	12	1-1.5 min	Moderate	Moderate			
4	Back	Neutral Grip Pull-Up/Neutral Grip Lat Pull-Down	12	1-1.5 min	Moderate	Moderate			
5	Chest	Bench Press	8	2 min	Heavy	Hard			
6	Back	Neutral Grip Pull-Up/Neutral Grip Lat Pull-Down	8	2 min	Heavy	Hard			
7	Chest	Bench Press	5-8	2 min	Heavier	All Out			
8	Back	Neutral Grip Pull-Up/Neutral Grip Lat Pull-Down	5-8	2 min	Heavier	All Out			

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DAY 2 - UPPER BODY & BACK (continued)

PART 3: UPPER ACCESSORIES ALTERNATING SETS

Notes & Instructions

- Alternate back exercises with chest exercises.
- For both chest and row, control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- **Wear straps for rows.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Shoulders	Shoulder Press Machine/ Overhead Press	15	1 min	Moderate	Moderate			
2	Back	Barbell Row/T-Bar Row/ Seated Row	15	1 min	Moderate	Moderate			
3	Shoulders	Shoulder Press Machine/ Overhead Press	10	1-1.5 min	Heavy	Hard			
4	Back	Barbell Row/T-Bar Row/ Seated Row	10	1-1.5 min	Heavy	Hard			
5	Shoulders	Shoulder Press Machine/ Overhead Press	5-8	2 min	Heavier	All Out			
6	Back	Barbell Row/T-Bar Row/ Seated Row	5-8	2 min	Heavier	All Out			
7	Triceps	Triceps Press-down/ Skullcrushers	10-12	60-90s	Moderate/ Heavy	Moderate/ Hard			
8	Back	Straight-Arm Push-Down	10-12	60-90s	Moderate/ Heavy	Moderate/ Hard			
9	Triceps	Triceps Press-down/ Skullcrushers	8-10	60-90s	Heavy	All Out			
10	Back	Straight-Arm Push-Down	8-10	60-90s	Heavy	All Out			
11	Traps	Dumbbell/Barbell Shrug (wear straps)	10 + 10 partials	Take your pumped up neck home harder than last time	Heavy	All Out			

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#7

MODERATE TEMPLATE III

2-Day Split
90 Minutes
Hypertrophy

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2 OUT OF THE FOLLOWING 3 EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Control the weight the entire time and ***focus on TUT of approximately 30-45 seconds per set. Do not rush these exercises. It's not a race to see who can do the most reps the fastest!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	**Barbell Squat of Choice** *Choose a **barbell variation** such as Back Squat or Front Squat. **PAUSE ALL OF YOUR REPS!!***	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10-12	2-3 min	Heavy	Hard			
			9-12	3-4 min	Same	All Out			
OPTION B	Squat	**Machine Squat of Choice** *Choose a **machine variation** such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.*	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	3-4 min	Heavier	All Out			
OPTION C	Legs	**Leg Press**	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	2-3 min	Heavier	All Out			

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **Choose any 5 out of the 7 accessory exercises and complete 3 rounds of a rotation/circuit in any order. It's okay to do these in a different order if the machine is occupied. Just find a way to do the exercises, and stop complaining!!**
- This circuit is to hit any muscle groups you want to focus on (but primarily legs & biceps). ***You can change the exercises and targeted muscle groups as desired*** *(for ideas, use the **Exercise Library** on pages 58-61).*
- ***Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)***
- ***You may use ANY kind of resistance that you have access to.*** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. ***Use what is available to you!***

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Quads	Leg Extension	15-20	15-45s	Moderate	Moderate			
	Adductors	Adductor Machine	15-20	15-45s	Moderate	Moderate			
	Glutes	Abductor Machine	15-20	15-45s	Moderate	Moderate			
	Biceps	Dumbbell or Barbell Curl	15-20	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl	15-20	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice	15-20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	15-20	15-45s	Moderate	Moderate			

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DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION (continued)

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 3	Quads	Leg Extension	10-15 + 5 partials	30-75s	Same	Hard/All Out			
	Adductors	Adductor Machine	10-15 + 5 forced reps	30-75s	Same	Hard/All Out			
	Glutes	Abductor Machine	10-15 + 5 forced reps	30-75s	Same	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	10-15	30-75s	Same	Hard/All Out			
	Hamstrings	Leg Curl	10-15	30-75s	Same	Hard/All Out			
	Glutes	Hip Thrust of choice	10-15 + 5 partials	30-75s	Same	Hard/All Out			
	Calves	Calf Raise	10-15 + 5 partials	30-75s	Same	Hard/All Out			

PART 3: BICEPS/CALVES ALTERNATING DROP SETS

Notes & Instructions

- Alternate biceps with calves.
- ***Focus on controlling the weight/TUT (a slow eccentric).***
- For each set of 8-12, go as heavy as you need to hit a HARD intensity with 8-12 reps. Then, immediately drop the weight 30%, and go until failure.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Biceps	Machine preacher curls or cable curls	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	Hard			
2	Calves	Standing or seated calf raise	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	Hard			
3	Biceps	Machine preacher curls or cable curls	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			
4	Calves	Standing or seated calf raise	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			
5	Biceps	Machine preacher curls or cable curls	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			
6	Calves	Standing or seated calf raise	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			

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DAY 2 - UPPER BODY & BACK

PART 1: DEADLIFTS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.
- Don't use a belt for the easy and moderate sets. For the hard and all out sets, you may wear a belt and straps.
- First 3 sets of deadlifts should have **FULL RESETS**. This means that you will pause the weight on the floor in between each rep. For the ALL OUT set, do touch-and-go style.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice *Note: When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.*	20	1 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12	2-3 min	Heavy	Hard			
			10-15	2-3 min	Heavier	All Out			

PART 2: BENCH & BACK ALTERNATING SETS

Notes & Instructions

- For **Pull-Up/Lat Pull-Down,** focus on controlling the weight/a ***slow eccentric. You may also choose to do chin-ups or use a pronated (regular) or supinated (like "holding a cup of soup") grip for the lat pull-downs.***
- For **Bench, pause on all sets.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Bench	Paused Bench Press	15	1 min	Light	Easy			
2	Back	Pull-up/Lat Pull-down, grip of choice	15	1 min	Light	Easy			
3	Bench	Paused Bench Press	12-15	1-2 min	Moderate	Moderate			
4	Back	Pull-up/Lat Pull-down, grip of choice	12-15	1-2 min	Moderate	Moderate			
5	Bench	Paused Bench Press	12-15	2 min	Heavy	Hard			
6	Back	Pull-up/Lat Pull-down, grip of choice	12-15	2 min	Heavy	Hard			
7	Bench	Paused Bench Press	10-12	2 min	Heavier	All Out			
8	Back	Pull-up/Lat Pull-down, grip of choice	10-12	2 min	Heavier	All Out			

PART 3: CHEST & ROW ALTERNATING SETS

Notes & Instructions

- Wear straps for rows.
- Control the weight the entire time. ***The eccentric should be half the speed of the concentric.***
- Try to keep TUT between 30 and 45 seconds for each set.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Chest Machine	15	1 min	Moderate	Moderate/Hard			
2	Back	Barbell Row/T-Bar Row/Chest-Supported Row	15	1 min	Moderate	Moderate			
3	Chest	Chest Machine	10-15	1-2 min	Heavy	All Out			
4	Back	Barbell Row/T-Bar Row/Chest-Supported Row	12-15	1-2 min	Heavy	Hard			
5	Shoulders	Overhead Press/Shoulder Press	15	2 min	Moderate	Moderate/Hard			
6	Back	Barbell Row/T-Bar Row/Chest-Supported Row	10-15	2 min	Same	All Out			
7	Shoulders	Overhead Press/Shoulder Press	10-12	2 min	Heavy	All Out			

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DAY 2 - UPPER BODY & BACK (continued)

PART 4: UPPER ACCESSORIES ALTERNATING SETS

Notes & Instructions

- First alternate pec deck/cable crossovers/flies with machine side laterals/lying down face pulls for 3 sets each.
- Then, alternate reverse pec deck/lying down face pulls with machine side laterals/lying down face pulls for 3 sets each.
- ***Focus on TUT/a slow eccentric for everything!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Pec Deck/Cable Crossovers/ Flies	15	1-2 min	Moderate	Moderate			
2	Shoulders	Machine Side Laterals/Lying Down Face Pulls	15	1-2 min	Moderate	Moderate			
3	Chest	Pec Deck/Cable Crossovers/ Flies	12-15	1-2 min	Heavy	Hard			
4	Shoulders	Machine Side Laterals/Lying Down Face Pulls	12-15	1-2 min	Heavy	Hard			
5	Chest	Pec Deck/Cable Crossovers/ Flies	10-12	1-2 min	Same	All Out			
6	Shoulders	Machine Side Laterals/Lying Down Face Pulls	10-12	1-2 min	Same	All Out			
7	Triceps	Regular Dips/Dip Machine or Triceps Press-down or Skullcrushers	12-15	1-2 min	Heavy	Hard			
8	Traps	Barbell/Dumbbell Shrug	15	1-2 min	Heavy	Moderate/ Hard			
9	Triceps	Regular Dips/Dip Machine or Triceps Press-down or Skullcrushers	10-12	1-2 min	Heavier	Harder			
10	Traps	Barbell/Dumbbell Shrug	15 + 10 partials	1-2 min	Heavier	Hard/All Out			
11	Triceps	Regular Dips/Dip Machine or Triceps Press-down or Skullcrushers	10-12	1-2 min	Same	All Out			

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#8

MODERATE TEMPLATE IV

2-Day Split
90 Minutes
Strength

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2-3 OUT OF THE 4 FOLLOWING EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!
PICK 2, AND IF YOU'RE A BEAST, DO 3.

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Control the weight the entire time and ***BANG OUT SOME STRONG REPS!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	**Barbell Squat of Choice** *Choose a **barbell variation** such as Back Squat or Front Squat.*	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	Harder			
			5-8	3-4 min	Same	All Out			
OPTION B	Squat	**Machine Squat of Choice** *Choose a **machine variation** such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.*	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION C	Legs	**Leg Press**	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION D	Legs	Leg Extension	15	30-60s	Moderate	Moderate			
		Leg Curl	15	30-60s	Moderate	Moderate			
		Leg Extension	8-12	60-90s	Heavier	Hard			
		Leg Curl	8-10	60-90s	Heaver	Hard			
		Leg Extension	8-10 + 5 partials	1-2 min	Same	All Out			
		Leg Curl	8-10 + 5 partials	1-2 min	Same	All Out			

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DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **Choose any 4-6 accessory exercises and complete 3-4 rounds of a rotation/circuit in any order.**
- This circuit is to hit any muscle groups you want to focus on (but primarily legs & biceps). ***You can change the exercises and targeted muscle groups as desired*** *(for ideas, use the* ***Exercise Library*** *on pages 58-61).*
- ***Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)***
- ***You may use ANY kind of resistance that you have access to.*** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. ***Use what is available to you!***

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Biceps	Machine/Preacher Curl or Cable Curl	15-20	15-45s	Moderate	Moderate			
	Adductors	Adductor Machine	15-20	15-45s	Moderate	Moderate			
	Glutes	Abductor Machine	15-20	15-45s	Moderate	Moderate			
	Biceps	Dumbbell or Barbell Curl	15-20	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice	15-20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	15-20	15-45s	Moderate	Moderate			
ROUND 2	Biceps	Machine/Preacher Curl or Cable Curl	12-15	30-60s	Heavy	Hard/All Out			
	Adductors	Adductor Machine	12-15	30-60s	Heavy	Hard/All Out			
	Glutes	Abductor Machine	12-15	30-60s	Heavy	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	12-15	30-60s	Heavy	Hard/All Out			
	Glutes	Hip Thrust of choice	12-15	30-60s	Heavy	Hard/All Out			
	Calves	Calf Raise	12-15	30-60s	Heavy	Hard/All Out			
ROUND 3	Biceps	Machine/Preacher Curl or Cable Curl	8-10 + partials	30-90s	Heavier	Hard/All Out			
	Adductors	Adductor Machine	10 + 5 forced reps	30-90s	Heavier	Hard/All Out			
	Glutes	Abductor Machine	10 + 5 forced reps	30-90s	Heavier	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	8-12	30-90s	Heavier	Hard/All Out			
	Glutes	Hip Thrust of choice	8-12 + partials	30-90s	Heavier	Hard/All Out			
	Calves	Calf Raise	8-12 + partials	30-90s	Heavier	Hard/All Out			
ROUND 4	Biceps	Machine/Preacher Curl or Cable Curl	6-10 + partials	30-90s	Same	Hard/All Out			
	Adductors	Adductor Machine	8-10 + 5 forced reps	30-90s	Same	Hard/All Out			
	Glutes	Abductor Machine	8-10 + 5 forced reps	30-90s	Same	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	8-10	30-90s	Same	Hard/All Out			
	Glutes	Hip Thrust of choice	8-10 + partials	30-90s	Same	Hard/All Out			
	Calves	Calf Raise	8-10 + partials	30-90s	Same	Hard/All Out			

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DAY 2 - UPPER BODY & BACK

PART 1: DEADLIFTS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- Don't use a belt for the easy and moderate sets. For the hard and all out sets, you may wear a belt and straps.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice *Note: When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.*	15	1 min	Light	Easy			
			12	1-1.5 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	Harder			
			5-8	3-4 min	Heavier	All Out			

PART 2: BENCH & BACK ALTERNATING SETS

Notes & Instructions

- For **Pull-Up/Lat Pull-Down,** focus on controlling the weight/a ***slow eccentric. You may also choose to do chin-ups or use a pronated (regular) or supinated (like "holding a cup of soup") grip for the lat pull-downs.***
- For **Bench, pause on all sets.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Bench	Paused Bench Press	15	1 min	Light	Easy			
2	Back	Pull-up/Lat Pull-down, grip of choice	15	1 min	Light	Easy			
3	Bench	Paused Bench Press	10	1-2 min	Moderate	Moderate			
4	Back	Pull-up/Lat Pull-down, grip of choice	10	1-2 min	Moderate	Moderate			
5	Bench	Paused Bench Press	8	2 min	Heavy	Hard			
6	Back	Pull-up/Lat Pull-down, grip of choice	8	2 min	Heavy	Hard			
7	Bench	Paused Bench Press	5-7	2 min	Heavier	All Out			
8	Back	Pull-up/Lat Pull-down, grip of choice	5-7	2 min	Heavier	All Out			

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DAY 2 - UPPER BODY & BACK (continued)

PART 3: CHEST, SHOULDERS, & BACK ALTERNATING SETS

Notes & Instructions

- Wear straps for rows.
- Control the weight the entire time. ***The eccentric should be half the speed of the concentric.***
- Try to keep TUT between 30 and 45 seconds for each set.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Chest Machine	12	1 min	Moderate	Moderate/Hard			
2	Back	Barbell Row/T-Bar Row/Chest-Supported Row	12	1 min	Moderate	Moderate			
3	Chest	Chest Machine	7-9	1-2 min	Heavy	All Out			
4	Back	Barbell Row/T-Bar Row/Chest-Supported Row	7-9	1-2 min	Heavy	Hard			
5	Shoulders	Overhead Press/Shoulder Press	12	2 min	Moderate	Moderate/Hard			
6	Back	Barbell Row/T-Bar Row/Chest-Supported Row	6-8	2 min	Same	Harder			
7	Shoulders	Overhead Press/Shoulder Press	7-9	2 min	Heavy	Harder			
8	Back	Barbell Row/T-Bar Row/Chest-Supported Row	5-8	2 min	Same	Harderer			
9	Shoulders	Overhead Press/Shoulder Press	5-8	2 min	Same	Harderer			

PART 4: UPPER ACCESSORIES ALTERNATING SETS

Notes & Instructions

Focus on TUT/a slow eccentric for everything!

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Pec Deck/Cable Crossovers/Flies	12	1-2 min	Moderate	Moderate			
2	Shoulders	Machine Side Laterals	12	1-2 min	Moderate	Moderate			
3	Chest	Pec Deck/Cable Crossovers/Flies	10-12	1-2 min	Heavy	Hard			
4	Shoulders	Machine Side Laterals	10-12	1-2 min	Heavy	Hard			
5	Triceps	Regular Dips/Dip Machine or Triceps Press-down or Skullcrushers	12-15	1-2 min	Heavy	Hard			
6	Shoulders	Face Pulls	12-15	1-2 min	Heavy	Hard			
7	Traps	Barbell/Dumbbell Shrug	12-15	1-2 min	Heavy	Hard			
8	Triceps	Regular Dips/Dip Machine or Triceps Press-down or Skullcrushers	10-12	1-2 min	Heavier	All Out			
9	Shoulders	Face Pulls	10-12	1-2 min	Heavier	All Out			
10	Traps	Barbell/Dumbbell Shrug	10 + 10 partials	1-2 min	Heavier	All Out			

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Hardcore Plans

Instructions

DON'T BE A MORON AND NOT READ THE INSTRUCTIONS!! THEY ARE IMPORTANTER THAN LAST TIME!!

Make sure you READ the instructions & notes for each exercise where they are indicated. ***THEY ARE IMPORTANT!!!!***

- The HARDCORE templates are for people who plan to train **5-6 days per week**. The objective is to train your full body twice per week. There are three splits within these training plans: an upper-body focused day, a leg day, and a back day.
- You may switch between 60- and 90-minute training day plans depending on time constraints.
- You may also switch between strength and hypertrophy-focused plans. But I recommend that you stick to either a strength or hypertrophy plan for at least a few months before switching.
- **You should repeat these 3-day splits for a long period of time and strive to progressively overload each time you follow each training day plan**. **But you should start out by going EASY and then PROGRESSIVELY INCREASE THE WEIGHT AND INTENSITY!!!**
- Don't forget to warm-up with 10 minutes of moderate intensity cardio.
- Make sure you go in the order of the plans from top to bottom of the page. All plans begin with a compound movement because those are the hardest. Don't do any BS like doing curls before your bench!
- **Rest periods are guidelines.** Do the best you can to follow them but don't start a compound movement if you're unable to take a full breath. It is OK to rest longer than indicated if you need to.
- Weights are just a suggestion of how to progress in weight. Always choose weights that allow you to achieve the desired intensity in the target rep range.
- **Do not go "all out" at first! I do not want you to overtrain. You have to "do more than last time," but you also have to crawl before you walk and walk before you run.**

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#9

HARDCORE TEMPLATE I

3-Day Split
60 Minutes
Hypertrophy

Coach Greg's Hardcore Template I

3-Day Split | 60 Minutes | Hypertrophy

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2 OUT OF THE FOLLOWING 3 EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Control the weight the entire time and ***focus on TUT of approximately 30-45 seconds per set. Do not rush these exercises. It's not a race to see who can do the most reps the fastest!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	**Barbell Squat of Choice** *Choose a **barbell variation** such as Back Squat or Front Squat. **PAUSE ALL OF YOUR REPS!!***	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10-12	2-3 min	Heavy	Hard			
			9-12	3-4 min	Same	All Out			
OPTION B	Squat	**Machine Squat of Choice** *Choose a **machine variation** such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.*	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	3-4 min	Same	All Out			
OPTION C	Legs	**Leg Press**	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	3-4 min	Same	All Out			

PART 2: LEG & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **Complete 3 rounds** of this **rotation/circuit. Keep in mind that the first two rounds have more exercises than the 3rd round.**
- This circuit is intended to hit any muscle groups you want to focus on. ***You can change the exercises and targeted muscle groups as desired*** *(for ideas, use the **Exercise Library** on pages 58-61).*
- ***Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)***
- ***You may use ANY kind of resistance that you have access to.*** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. ***Use what is available to you!***

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Adductors	Adductor Machine	15-20	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice or Abductor Machine	15-20	15-45s	Moderate	Moderate			
	Biceps	Barbell or Dumbbell Curl	15-20	15-45s	Moderate	Moderate			
	Quads	Leg Extension	15-20	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl	15-20	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	15-20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	15-20	15-45s	Moderate	Moderate			

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DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEG & BICEPS ACCESSORIES CIRCUIT/ROTATION (continued)									
Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 2	Adductors	Adductor Machine	12-15	30-60s	Heavy	Hard			
	Glutes	Hip Thrust of choice or Abductor Machine	12-15	30-60s	Heavy	Hard			
	Biceps	Barbell or Dumbbell Curl	12-15	30-60s	Heavy	Hard			
	Quads	Leg Extension	12-15	30-60s	Heavy	Hard			
	Hamstrings	Leg Curl	12-15	30-60s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	12-15	30-60s	Heavy	Hard			
	Calves	Calf Raise	12-15	30-60s	Heavy	Hard			
ROUND 3	Biceps	Barbell or Dumbbell Curl	8-12 + 5-10 partials	60-90s	Heavier	Hard/All Out			
	Calves	Calf Raise	8-12 + 5-10 partials	60-90s	Heavier	Hard/All Out			
	Biceps	Seated Incline Dumbbell Curls	8-12 + 5-10 partials	60-90s	Heavier	Hard/All Out			
	Calves	Calf Raise	8-12 + 5-10 partials	Call your Side Circle	Heavier	Hard/All Out			

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DAY 2 - CHEST, SHOULDERS, TRICEPS

PART 1: BENCH & CHEST

Notes & Instructions

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- On flat bench, use quality technique on all reps. It is best to use a ***medium or wide grip*** for the most chest focus.
- Control the weight the entire time (but do NOT worry about TUT).

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Bench	**Flat Bench Press** *Pause on all sets except the ALL OUT set.*	20	1 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			10-12	2-3 min	Heavy	Hard			
			12-15	2-3 min	Lighter	All Out			
2	Chest	**Incline Chest Press of Choice**	15	1 min	Moderate	Moderate			
			12	1.5-2.5 min	Heavy	Hard			
			10-12	1.5-2.5 min	Heavier	All Out			

PART 2: SHOULDERS SUPERSET

Notes & Instructions

- Superset chest exercises with 2 shoulder exercises.
- Focus on ***controlling the weight/TUT (a slow eccentric).***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Shoulders	Shoulder Press	15	15s	Moderate	Moderate			
2	Shoulders	Standing or Seated Side Laterals	15	60-90s	Moderate	Moderate			
3	Shoulders	Shoulder Press	12-15	15s	Heavy	Hard			
4	Shoulders	Standing or Seated Side Laterals	12-15	60-90s	Heavy	Hard			
5	Shoulders	Shoulder Press	11-15	15s	Same	Harder			
6	Shoulders	Standing or Seated Side Laterals	11-15	60-90s	Same	Harder			
7	Shoulders	Shoulder Press	10-15	15s	Same	Harderer			
8	Shoulders	Standing or Seated Side Laterals	10-15	60-90s	Same	Harderer			

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DAY 2 - CHEST, SHOULDERS, TRICEPS (CONTINUED...)

PART 3: CHEST & SHOULDERS ALTERNATING SETS

Notes & Instructions

- Focus on ***controlling the weight/TUT (a slow eccentric).***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Chest	Cable Crossovers or Pec Deck or Lying Dumbbell Flyes	15	1 min	Moderate	Moderate			
	Rear Delts	Reverse Pec Deck or Face Pulls of Choice or Bent-Over Lateral Raises	15	1 min	Moderate	Moderate			
	Triceps	Triceps Press-down	15	1 min	Moderate	Moderate			
ROUND 2	Chest	Cable Crossovers or Pec Deck or Lying Dumbbell Flyes	12-15	1 min	Heavier	All Out			
	Rear Delts	Reverse Pec Deck or Face Pulls of Choice or Bent-Over Lateral Raises	12-15	1 min	Heavier	All Out			
	Triceps	Triceps Press-down	12-15	1 min	Heavier	All Out			
ROUND 3	Chest	Cable Crossovers or Pec Deck or Lying Dumbbell Flyes	10-15	1 min	Same	All Out			
	Rear Delts	Reverse Pec Deck or Face Pulls of Choice or Bent-Over Lateral Raises	10-15	1 min	Same	All Out			
	Triceps	Triceps Press-down	10-15	Leave the gym and shower harder than last time!	Same	All Out			

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DAY 3 - DEADLIFTS AND BACK

PART 1: PRIMARY BACK MOVEMENTS (STRAIGHT SETS)

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.
- Complete all sets of the exercise before moving onto the next (straight sets).
- Control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- **For deadlift #1, no belt for the 1st 2 sets. Set 3 belt is optional.**
- **For any of the compound movements, if you get 15 reps on the ALL OUT set, make sure you GO HARDER THAN LAST TIME and add weight on your next back day.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	**Deadlift of Choice** *Reset all deadlifts EXCEPT for the All Out set.*	20	1-2 min	Light	Easy			
			15	2-3 min	Moderate	Moderate			
			10-15	3 min	Heavy	All Out			
2	Back	Barbell Rows or T-Bar Rows (wear straps)	15	2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15	2-3 min	Heavier	All Out			
3	Back	Seated Rows or Seated Chest-Supported Row	15	2 min	Moderate	Moderate			
			12-15	2 min	Heavy	Hard			
			10-15	2 min	Heavier	All Out			
4	Back	Lat Pull-Down - medium width grip	15	2 min	Moderate	Moderate			
			12-15	2 min	Heavy	Hard			
			12-15	2 min	Heavier	All Out			
			10-15	2 min	Same	All Out			

PART 2: SUPERSET FINISHER - TRAPS & LATS

Notes & Instructions

- Focus on controlling the weight/a slow eccentric.
- You may wear straps for the trap exercises. You are training your traps, not your grip!! (If you want to train your grip, be my guest, but do it after your traps!)

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Traps	Dumbbell Shrugs (use straps)	15-20	60-90s	Moderate	Moderate			
2	Back	Straight-Arm Pull-Downs	15-20	60-90s	Moderate	Moderate			
3	Traps	Dumbbell Shrugs (use straps)	12-15	60-90s	Heavier	Hard			
4	Back	Straight-Arm Pull-Downs	12-15	60-90s	Heavier	Hard			
5	Traps	Dumbbell Shrugs (use straps)	10-15	60-90s	Same	All Out			
6	Back	Straight-Arm Pull-Downs	8-12 + 5-10 partials	Rest harder than last time!	Same	All Out			

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#10

HARDCORE TEMPLATE II

3-Day Split
60 Minutes
Strength

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2 OUT OF THE 4 FOLLOWING EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!
JUST PICK 2!!!

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Control the weight the entire time and ***BANG OUT SOME STRONG REPS!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	**Barbell Squat of Choice** *Choose a **barbell variation** such as Back Squat or Front Squat.*	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	Harder			
			5-8	3-4 min	Same	All Out			
OPTION B	Squat	**Machine Squat of Choice** *Choose a **machine variation** such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.*	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION C	Legs	**Leg Press**	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION D	Legs	Leg Extension	15	30-60s	Moderate	Moderate			
		Leg Curl	15	30-60s	Moderate	Moderate			
		Leg Extension	8-12	60-90s	Heavier	Hard			
		Leg Curl	8-10	60-90s	Heaver	Hard			
		Leg Extension	8-10 + 5 partials	1-2 min	Same	All Out			
		Leg Curl	8-10 + 5 partials	1-2 min	Same	All Out			

CONTINUED ON PAGE III...

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DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **Complete 2 rounds** of this **rotation/circuit in any order.**
- This circuit is intended to hit any muscle groups you want to focus on. ***You can change the exercises and targeted muscle groups as desired*** *(for ideas, use the* ***Exercise Library*** *on pages 58-61).*
- ***Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)***
- ***You may use ANY kind of resistance that you have access to.*** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. ***Use what is available to you!***

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Adductors	Adductor Machine/Side Leg Raise	15	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice OR Abductors	15	15-45s	Moderate	Moderate			
	Quads	Leg Extension	15	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl	15	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	15	15-45s	Moderate	Moderate			
	Calves	Standing or seated calf raise	15	15-45s	Moderate	Moderate			
ROUND 2	Adductors	Adductor Machine/Side Leg Raise	12-15	15-45s	Heavier	Hard/All Out			
	Glutes	Hip Thrust of choice OR Abductors	10-12	15-45s	Heavier	Hard/All Out			
	Quads	Leg Extension	10-12	15-45s	Heavier	Hard/All Out			
	Hamstrings	Leg Curl	10-12	15-45s	Heavier	Hard/All Out			
	Biceps	Seated Incline Dumbbell Curls	8-12	15-45s	Heavier	Hard/All Out			
	Calves	Standing or seated calf raise	10-12	15-45s	Heavier	Hard/All Out			

PART 3: BICEPS/CALVES SUPERSET

Notes & Instructions

- Alternate biceps with calves.
- ***Focus on controlling the weight/TUT (a slow eccentric).***
- On the last set of calves, do 5-10 partials after you can no longer do a full range-of-motion rep.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Biceps	Machine preacher curls or bicep curls	15	15-45s	Heavy	Hard			
2	Calves	Standing or seated calf raise	20	15-45s	Heavy	Hard			
3	Biceps	Machine preacher curls or bicep curls	12-15	15-45s	Heavier	All Out			
4	Calves	Standing or seated calf raise	15-20	15-45s	Heavier	All Out			
5	Biceps	Machine preacher curls or bicep curls	10-15	15-45s	Same	All Out			
6	Calves	Standing or seated calf raise	15-20	15-45s	Same	All Out			

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DAY 2 - CHEST, SHOULDERS, TRICEPS

PART 1: BENCH, CHEST & SHOULDERS STRAIGHT SETS

Notes & Instructions

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- On flat bench, use quality technique on all reps. It is best to use a ***medium or wide grip*** for the most chest focus.
- Control the weight the entire time (but do NOT worry about TUT). ***BANG OUT SOME STRONG REPS!!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Bench	**Flat Bench Press** *Pause on all sets except the LAST ALL OUT set.*	15	1 min	Light	Easy			
			10	1-2 min	Moderate	Moderate			
			8	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	All Out			
			5-8	3-4 min	Same	All Out			
2	Chest	**Chest Machine of Choice**	12	1 min	Light	Easy			
			8	2-3 min	Heavy	Hard			
			5-8	2-3 min	Heavier	All Out			
3	Shoulders	**Overhead Press of Choice** *Choose barbell, dumbbell, or machine. It doesn't matter!!*	15	1-2 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			8-10	1.5-2.5 min	Heavier	Hard			
			7-10	1.5-2.5 min	Same	All Out			

PART 2: SHOULDERS ALTERNATING SETS

Notes & Instructions

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Focus on ***controlling the weight/TUT (a slow eccentric).***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Shoulders	Side Laterals of Choice	15	30-60s	Moderate	Moderate			
2	Shoulders	Reverse Pec Deck/Face Pulls/Bent-Over Side Lateral Raises	15	30-60s	Moderate	Moderate			
3	Shoulders	Side Laterals of Choice	12-15	30-60s	Heavy	Hard			
4	Shoulders	Reverse Pec Deck/Face Pulls/Bent-Over Side Lateral Raises	12-15	30-60s	Heavy	Hard			
5	Shoulders	Side Laterals of Choice	10-12	30-60s	Same	Harder			
6	Shoulders	Reverse Pec Deck/Face Pulls/Bent-Over Side Lateral Raises	10-12	30-60s	Same	Harder			
7	Shoulders	Side Laterals of Choice	9-12	30-60s	Same	All Out			
8	Shoulders	Reverse Pec Deck/Face Pulls/Bent-Over Side Lateral Raises	9-12	30-60s	Same	All OUt			

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DAY 2 - CHEST, SHOULDERS, TRICEPS (CONTINUED...)

PART 3: TRICEPS FINISHER

Notes & Instructions

- ***Choose I OF THE 3 following exercises. Do not do all 3!!!***
- ***FINISH WITH A BIG PUMP!!!***
- ***Focus on controlling the weight/a slow eccentric.***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Triceps	Skullcrushers & Close-Grip Bench Press Superset Lay on the bench and do the skullcrushers. Then, without resting, change to close-grip bench press. Use the same bar and don't rest.	10 skullcrushers + close-grip to failure	1-2 min	Moderate	Moderate			
			8-10 skullcrushers + close-grip to failure	1.5-2.5 min	Heavy	Hard			
			6-8 skullcrushers + close-grip to failure	1.5-2.5 min	Same	All Out			
OPTION B	Triceps	Regular Dips/Dip Machine	15	1-2 min	Moderate	Moderate			
			12	1.5-2.5 min	Heavy	Hard			
			8-10 + 5-10 partials	1.5-2.5 min	Heavier	All Out			
OPTION C	Triceps	Triceps Press-Down of Choice You may do triceps press-down using cables or using the dip machine pad (Coach Greg's personal preference! Click for a video demonstration.)	15	1-2 min	Moderate	Moderate			
			12	1.5-2.5 min	Heavy	Hard			
			8-10 + 5-10 partials	1.5-2.5 min	Heavier	All Out			

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DAY 3 - DEADLIFTS AND BACK

PART 1: PRIMARY COMPOUND MOVEMENTS (STRAIGHT SETS)

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.
- Complete all sets of the exercise before moving onto the next (straight sets).
- Control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- **For deadlift of choice, don't wear a belt for the 1st 3 sets. Set 4 belt is optional.**
- **For any of the compound movements, if you get 10 reps on the ALL OUT set, make sure you GO HARDER THAN LAST TIME and add weight on your next back day.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	**Deadlift of Choice** *Reset all deadlifts EXCEPT for the All Out set.*	15	1 min	Light	Easy			
			10	2 min	Moderate	Moderate			
			8	3-5 min	Heavy	Hard			
			5-8	3-5 min	Heavier	All Out			
2	Back	Barbell Rows or T-Bar Rows (wear straps) or Chest-Supported Rows	15	1-2 min	Moderate	Moderate			
			10-12	2 min	Heavy	Hard			
			8-10	2-3 min	Heavier	Harder			
			6-8	3 min	Same	All Out			
3	Lats	Pullup or Lat Pull-down (grip of choice)	15	1-2 min	Moderate	Moderate			
			12	2 min	Heavy	Hard			
			10-12	2-3 min	Heavier	Harder			
			8-12	3 min	Same	All Out			

PART 2: SUPERSET FINISHER - TRAPS & LATS

Notes & Instructions

- Focus on ***controlling the weight/a slow eccentric***.
- You may wear straps for the trap exercises. **You are training your traps, not your grip!!** (If you want to train your grip, be my guest, but do it after your traps!)
- Only do the partials if you are an intermediate to advanced lifter!

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Back	Straight-Arm Pull-Downs or Lying Dumbbell Pull-Overs	15	1-1.5 min	Moderate	Moderate			
2	Traps	Dumbbell Shrugs (use straps)	15	1-1.5 min	Moderate	Moderate			
3	Back	Straight-Arm Pull-Downs or Lying Dumbbell Pull-Overs	10-15	1-1.5 min	Heavy	Hard			
4	Traps	Dumbbell Shrugs (use straps)	10-15	1-1.5 min	Heavy	Hard			
5	Back	Straight-Arm Pull-Downs or Lying Dumbbell Pull-Overs	8-12	1-1.5 min	Heavier	All Out			
6	Traps	Dumbbell Shrugs (use straps)	8-12 + 5-10 partials	1-1.5 min	Heavier	All Out			

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#11

HARDCORE TEMPLATE III

3-Day Split
90 Minutes
Hypertrophy

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2 OUT OF THE FOLLOWING 3 EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Control the weight the entire time and ***focus on TUT of approximately 30-45 seconds per set. Do not rush these exercises. It's not a race to see who can do the most reps the fastest!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	**Barbell Squat of Choice** *Choose a **barbell variation** such as Back Squat or Front Squat. **PAUSE ALL OF YOUR REPS!!***	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10-12	2-3 min	Heavy	Hard			
			9-12	3-4 min	Same	All Out			
OPTION B	Squat	**Machine Squat of Choice** *Choose a **machine variation** such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.*	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	3-4 min	Same	All Out			
OPTION C	Legs	**Leg Press**	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	3-4 min	Same	All Out			

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **Choose any 5 out of the 7 accessory exercises and complete 3 rounds of a rotation/circuit in any order. It's okay to do these in a different order if the machine is occupied. Just find a way to do the exercises, and stop complaining!!**
- This circuit is to hit any muscle groups you want to focus on (but primarily legs & biceps). ***You can change the exercises and targeted muscle groups as desired*** *(for ideas, use the **Exercise Library** on pages 58-61).*
- ***Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)***
- ***You may use ANY kind of resistance that you have access to.*** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. ***Use what is available to you!***

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Quads	Leg Extension	15-20	15-45s	Moderate	Moderate			
	Adductors	Adductor Machine	15-20	15-45s	Moderate	Moderate			
	Glutes	Abductor Machine	15-20	15-45s	Moderate	Moderate			
	Biceps	Dumbbell or Barbell Curl	15-20	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl	15-20	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice	15-20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	15-20	15-45s	Moderate	Moderate			

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DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION (continued)

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 3	Quads	Leg Extension	10-15 + 5 partials	30-75s	Same	Hard/All Out			
	Adductors	Adductor Machine	10-15 + 5 forced reps	30-75s	Same	Hard/All Out			
	Glutes	Abductor Machine	10-15 + 5 forced reps	30-75s	Same	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	10-15	30-75s	Same	Hard/All Out			
	Hamstrings	Leg Curl	10-15	30-75s	Same	Hard/All Out			
	Glutes	Hip Thrust of choice	10-15 + 5 partials	30-75s	Same	Hard/All Out			
	Calves	Calf Raise	10-15 + 5 partials	30-75s	Same	Hard/All Out			

PART 3: BICEPS/CALVES ALTERNATING DROP SETS

Notes & Instructions

- Alternate biceps with calves.
- ***Focus on controlling the weight/TUT (a slow eccentric).***
- For each set of 8-12, go as heavy as you need to hit a HARD intensity with 8-12 reps. Then, immediately drop the weight 30%, and go until failure.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Biceps	Machine preacher curls or cable curls	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	Hard			
2	Calves	Standing or seated calf raise	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	Hard			
3	Biceps	Machine preacher curls or cable curls	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			
4	Calves	Standing or seated calf raise	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			
5	Biceps	Machine preacher curls or cable curls	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			
6	Calves	Standing or seated calf raise	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			

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DAY 2 - CHEST, SHOULDERS, TRICEPS

PART 1: BENCH & CHEST

Notes & Instructions

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- On flat bench, use quality technique on all reps. It is best to use a ***medium or wide grip*** for the most chest focus.
- Control the weight the entire time (but do NOT worry about TUT).

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Bench	**Flat Bench Press** *Pause on all sets except the light last set to reduce injury risk.*	20	1 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12	1-2 min	Heavy	Hard			
			10-12	2-3 min	Heavier	All Out			
			15-20	2-3 min	Lighter	All Out			
2	Chest	**Chest Press Machine**	15-20	1 min	Moderate	Moderate			
			15	1-2 min	Heavy	Hard			
			12-15	2-3 min	Heavier	All Out			
			10-15	2-3 min	Same	All Out			
3	Chest	**Cable Crossovers or Pec Deck or Dumbbell Flyes**	15	1 min	Moderate	Moderate			
			12-15	1.5-2.5 min	Heavy	Hard			
			10-12	2-3 min	Heavier	All Out			

PART 2: SHOULDERS

Notes & Instructions

Focus on controlling the weight/TUT (a slow eccentric) on all shoulder exercises. Eccentric should ALWAYS be slower than the concentric! Aim for a **TUT of 30-40 seconds** of all sets. ***Do not rush these exercises!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Shoulders	**Barbell or Dumbbell Overhead Press**	15	1 min	Light	Easy			
			12-15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15	2-3 min	Same	All Out			
2	Shoulders	**Shoulder Press Machine of Choice**	15	1 min	Moderate	Moderate			
			12-15	1-2 min	Heavy	Hard			
			12-15	2-3 min	Heavier	Harder			
			10-15	2-3 min	Same	All Out			
3	Shoulders	**Side Lateral Raises**	15-20	1 min	Moderate	Moderate			
			15	1-2 min	Heavy	Hard			
			12-15	1-2 min	Heavier	Harder			
			10-15 + 5 partials	1-2 min	Same	All Out			
4	Shoulders	**Reverse Pec Deck/Lying or Standing Face Pulls/Bent-Over Lateral Raises**	15	1 min	Moderate	Moderate			
			12-15	1-2 min	Heavy	Hard			
			12-15	1-2 min	Heavier	Harder			
			10-15	1-2 min	Same	All Out			

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DAY 2 - CHEST, SHOULDERS, & TRICEPS (CONTINUED...)

PART 3: TRICEPS FINISHER

Notes & Instructions

- ***Choose 2 OF THE 3 following exercises. Do not do all 3!!!***
- ***FINISH WITH A BIG PUMP!!!***
- ***Focus on controlling the weight/a slow eccentric.***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Triceps	Skullcrushers & Close-Grip Bench Press Superset Lay on the bench and do the skullcrushers. Then, without resting, change to close-grip bench press. Use the same bar and don't rest.	15 skullcrushers + 10 close-grip presses	1-2 min	Light	Easy			
			12-15 skullcrushers + close-grip to failure	2 min	Moderate	Moderate			
			10-12 skullcrushers + close-grip to failure	2 min	Heavy	Hard			
			8-10 skullcrushers + close-grip to failure	2 min	Same	All Out			
OPTION B	Triceps	Regular Dips/Dip Machine	15	1-2 min	Moderate	Moderate			
			12-15	1.5-2 min	Heavy	Hard			
			10-15	1.5-2 min	Heavier	Harder			
			10-12 + 5-10 partials	1.5-2 min	Same	All Out			
OPTION C	Triceps	Triceps Press-Down of Choice You may do triceps press-down using cables or using the dip machine pad (Coach Greg's personal preference! Click for a video demonstration.)	15	1-2 min	Moderate	Moderate			
			12-15	1.5-2 min	Heavy	Hard			
			10-15	1.5-2 min	Heavier	Harder			
			10-12 + 5-10 partials	1.5-2 min	Same	All Out			

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DAY 3 - DEADLIFTS AND BACK

PART 1: PRIMARY COMPOUND MOVEMENTS (STRAIGHT SETS)

Notes & Instructions

- Complete all sets of the exercise before moving onto the next (straight sets).
- Control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- **For deadlift of choice, belt is optional for all sets. However, I recommend no belt for the 1st 2 sets, and a belt for sets 3 and 4.**
- **For any of the compound movements, if you get 15 reps on the ALL OUT set, make sure you GO HARDER THAN LAST TIME and add weight on your next back day.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	**Deadlift of Choice** *Touch-and-go all sets except the very last.* *Don't slam the weight on the floor. Control the weight on the way down.* *When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.*	20	1 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			10	2-3 min	Heavier	Moderate/ Hard			
			10-15	3-5 min	Heaviest	All Out			
			10-12	3-5 min	Lighter	All Out			
2	Back	Barbell Row or T-Bar Row (wear straps)	15	1-2 min	Light	Easy			
			12-15	2 min	Moderate	Moderate			
			11-14	2-3 min	Heavy	Hard			
			10-13	2-3 min	Same	All Out			

PART 2: VERTICAL PULL & HORIZONTAL ROW (STRAIGHT SETS)

Notes & Instructions

- Complete all sets of the exercise before moving onto the next (straight sets).
- Control the weight the entire time and ***focus on a slow eccentric/TUT.***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Back	Seated Rows or Seated Chest-Supported Row	15	1-2 min	Moderate	Moderate			
			12-15	1.5-2.5 min	Heavier	Hard			
			10-12	1.5-2.5 min	Heaviest	All Out			
2	Back	Lat Pull-Down (medium grip)	15	1.5-2.5 min	Moderate	Moderate			
			12-15	1.5-2.5 min	Heavy	Hard			
			11-13	2-3 min	Heavier	Harder			
			9-12	2-3 min	Heaviest	All Out			
3	Back	Close Neutral Grip Lat Pull-Down	15	1-2 min	Moderate	Moderate			
			12-15	2 min	Heavier	Hard			
			10-15	2 min	Same	All Out			

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DAY 3 - DEADLIFTS & BACK (CONTINUED...)

PART 3: LATS & TRAPS FINISHERS

Notes & Instructions

- ***Focus on controlling the weight/a slow eccentric. Lower the weight at half the speed that you raise it!***
- You may wear straps for the trap exercises. ***You are training your traps, not your grip!!*** (If you want to train your grip, be my guest, but do it after your traps!)

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Back	Lying Dumbbell Pull-Overs OR Straight-Arm Pull-Downs	15-20	1-2 min	Moderate	Moderate			
			12-15	1-2 min	Heavier	Hard			
			10-15	1-2 min	Same	All Out			
2	Traps	Barbell/Dumbbell Shrug *Pause at the top of the lift*	20	1-2 min	Moderate	Moderate			
			15	1-2 min	Heavier	Hard			
			10-15	1-2 min	Heaviest	All Out			
			10-12 + 5-10 partials	1-2 min	Same	All Out			

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#12

HARDCORE TEMPLATE IV

3-Day Split
90 Minutes
Strength

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2-3 OUT OF THE 4 FOLLOWING EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!
PICK 2, AND IF YOU'RE A BEAST, DO 3.

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Control the weight the entire time and ***BANG OUT SOME STRONG REPS!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	**Barbell Squat of Choice** *Choose a **barbell variation** such as Back Squat or Front Squat.*	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	Harder			
			5-8	3-4 min	Same	All Out			
OPTION B	Squat	**Machine Squat of Choice** *Choose a **machine variation** such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.*	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION C	Legs	**Leg Press**	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-12	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION D	Legs	Leg Extension	15	30-60s	Moderate	Moderate			
		Leg Curl	15	30-60s	Moderate	Moderate			
		Leg Extension	8-12	60-90s	Heavier	Hard			
		Leg Curl	8-10	60-90s	Heaver	Hard			
		Leg Extension	8-10 + 5 partials	1-2 min	Same	All Out			
		Leg Curl	8-10 + 5 partials	1-2 min	Same	All Out			

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DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **Choose any 4-6 accessory exercises and complete 3-4 rounds of a rotation/circuit in any order.**
- This circuit is to hit any muscle groups you want to focus on (but primarily legs & biceps). ***You can change the exercises and targeted muscle groups as desired*** *(for ideas, use the* ***Exercise Library*** *on pages 58-61).*
- ***Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)***
- ***You may use ANY kind of resistance that you have access to.*** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. ***Use what is available to you!***

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Biceps	Machine/Preacher Curl or Cable Curl	15-20	15-45s	Moderate	Moderate			
	Adductors	Adductor Machine	15-20	15-45s	Moderate	Moderate			
	Glutes	Abductor Machine	15-20	15-45s	Moderate	Moderate			
	Biceps	Dumbbell or Barbell Curl	15-20	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice	15-20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	15-20	15-45s	Moderate	Moderate			
ROUND 2	Biceps	Machine/Preacher Curl or Cable Curl	12-15	30-60s	Heavy	Hard/All Out			
	Adductors	Adductor Machine	12-15	30-60s	Heavy	Hard/All Out			
	Glutes	Abductor Machine	12-15	30-60s	Heavy	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	12-15	30-60s	Heavy	Hard/All Out			
	Glutes	Hip Thrust of choice	12-15	30-60s	Heavy	Hard/All Out			
	Calves	Calf Raise	12-15	30-60s	Heavy	Hard/All Out			
ROUND 3	Biceps	Machine/Preacher Curl or Cable Curl	8-10 + partials	30-90s	Heavier	Hard/All Out			
	Adductors	Adductor Machine	10 + 5 forced reps	30-90s	Heavier	Hard/All Out			
	Glutes	Abductor Machine	10 + 5 forced reps	30-90s	Heavier	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	8-12	30-90s	Heavier	Hard/All Out			
	Glutes	Hip Thrust of choice	8-12 + partials	30-90s	Heavier	Hard/All Out			
	Calves	Calf Raise	8-12 + partials	30-90s	Heavier	Hard/All Out			
ROUND 4	Biceps	Machine/Preacher Curl or Cable Curl	6-10 + partials	30-90s	Same	Hard/All Out			
	Adductors	Adductor Machine	8-10 + 5 forced reps	30-90s	Same	Hard/All Out			
	Glutes	Abductor Machine	8-10 + 5 forced reps	30-90s	Same	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	8-10	30-90s	Same	Hard/All Out			
	Glutes	Hip Thrust of choice	8-10 + partials	30-90s	Same	Hard/All Out			
	Calves	Calf Raise	8-10 + partials	30-90s	Same	Hard/All Out			

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DAY 2 - CHEST, SHOULDERS, TRICEPS

PART 1: BENCH & CHEST

Notes & Instructions

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- On flat bench, use quality technique on all reps. It is best to use a ***medium or wide grip*** for the most chest focus.
- Control the weight the entire time, but ***BANG OUT SOME STRONG REPS!!***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Bench	**Flat Bench Press** *Leave your ego at the door. Pause on all sets to avoid injury!*	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	Harder			
			5-8	3-4 min	Same	All Out			
2	Bench	Chest Press Machine of Choice	15	1 min	Moderate	Moderate			
			12	1-2 min	Heavy	Hard			
			8-10	2-3 min	Heavier	Harder			
			7-10	2-3 min	Same	All Out			
3	Chest	Pec Deck or Dumbbell Flyes or Cable Crossovers	15	1 min	Moderate	Moderate			
			12	1-2 min	Heavy	Hard			
			8-10	2-3 min	Heavier	All Out			

PART 2: SHOULDERS

Notes & Instructions

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Focus on ***controlling the weight/TUT (a slow eccentric).***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Shoulders	Overhead Press of Choice *Choose barbell, dumbbell, or machine. It doesn't matter!!*	15	1-2 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			8-10	1.5-2.5 min	Heavier	Hard			
			7-10	1.5-2.5 min	Same	All Out			
2	Shoulders	Side Laterals of Choice *Choose standing or seated, machine or dumbells, it doesn't matter!*	15	15-30s	Moderate	Moderate			
			10-12	30-90s	Heavy	Hard			
			8-10	15-45s	Heavier	Harder			
			8-10 + 5-10 partials	15-45s	Same	All Out			
3	Shoulders	Reverse Pec Deck/Face Pulls/Bent-Over Side Lateral Raises	15	15-30s	Moderate	Moderate			
			12-15	15-30s	Heavier	Hard			
			10-15 + 5-10 partials	15-45s	Same	All Out			

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DAY 2 - CHEST, SHOULDERS, TRICEPS (CONTINUED...)

PART 3: TRICEPS FINISHER

Notes & Instructions

- ***Choose 2 OF THE 3 following exercises. Do not do all 3!!!***
- ***FINISH WITH A BIG PUMP!!!***
- ***Focus on controlling the weight/a slow eccentric.***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Triceps	Skullcrushers & Close-Grip Bench Press Superset Lay on the bench and do the skullcrushers. Then, without resting, change to close-grip bench press. Use the same bar and don't rest.	10 skullcrushers + 10 close-grip presses	1-2 min	Light	Easy			
			8-10 skullcrushers + close-grip to failure	2-3 min	Moderate	Moderate			
			6-10 skullcrushers + close-grip to failure	2-3 min	Heavy	Hard			
			4-8 skullcrushers + close-grip to failure	2-3 min	Same	All Out			
OPTION B	Triceps	Regular Dips/Dip Machine	15	1-2 min	Moderate	Moderate			
			12	1.5-2.5 min	Heavy	Hard			
			8-12	1.5-2.5 min	Heavier	All Out			
			6-8 + 5-10 partials	1.5-2.5 min	Heavier	All Out			
OPTION C	Triceps	Triceps Press-Down of Choice You may do triceps press-down using cables or using the dip machine pad (Coach Greg's personal preference! Click for a video demonstration.)	15	1-2 min	Moderate	Moderate			
			12	1.5-2.5 min	Heavy	Hard			
			8-12	1.5-2.5 min	Heavier	All Out			
			6-8 + 5-10 partials	1.5-2.5 min	Heavier	All Out			

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DAY 3 - DEADLIFTS AND BACK

PART 1: PRIMARY COMPOUND MOVEMENTS (STRAIGHT SETS)

Notes & Instructions

- Complete all sets of the exercise before moving onto the next (straight sets).
- Control the weight the entire time but do NOT worry about TUT. ***BANG OUT SOME STRONG REPS!!***
- **For deadlift of choice, no belt for the 1st 3 sets. You may wear a belt and straps for sets 4-5.**
- **For any of the compound movements, if you reach the top-end of the rep range on the ALL OUT sets, make sure you GO HARDER THAN LAST TIME and add weight on your next back day.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	**Deadlift of Choice** *When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.*	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	Harder			
			5-8	3-4 min	Same	All Out			
2	Back	Barbell Rows or T-Bar Rows (wear straps)	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10-12	2-3 min	Heavy	Hard			
			9-12	3-4 min	Same	Harder			
			8-12	3-4 min	Same	All Out			

PART 2: VERTICAL PULL & HORIZONTAL ROW (STRAIGHT SETS)

Notes & Instructions

- Complete all sets of the exercise before moving onto the next (straight sets).
- Control the weight the entire time and ***focus on a slow eccentric/TUT.***

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Back	Seated Rows or Seated Chest-Supported Row	15	1 min	Moderate	Moderate			
			12	2 min	Heavy	Hard			
			8-10	2-3 min	Heavier	Hard			
			7-10	2-3 min	Same	All Out			
2	Back	Lat Pull-Down (medium grip)	15	1 min	Moderate	Moderate			
			12	2 min	Heavy	Hard			
			8-10	2-3 min	Heavier	All Out			
			7-10	2-3 min	Same	All Out			
3	Back	Close Neutral Grip Lat Pull-Down	12-15	1 min	Moderate	Moderate			
			8-10	2 min	Heavier	Hard			
			7-10	2-3 min	Same	All Out			
4	Back	Serratus Straight-Arm Lat Pull-downs	12-15	1 min	Moderate	Moderate			
			10-12	2 min	Heavier	Hard			
			9-12	2-3 min	Same	All Out			

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Thanks for reading!

Hey, it's ME, COACH GREG, again!

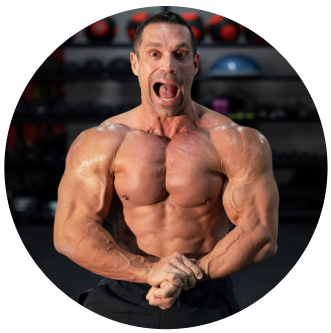
Since you made it to the end of this book, you should now be LESS OF A MORON! I hope that you feel ready to transform your training, strength, and physique! I am super excited for you to make some GAINS and go **HARDER THAN LAST TIME**!

But, if you made it all the way here and still don't want to take my advice, well, that's fine! Go buy V Shred's guide instead. I wish you all the best!

Remember, to get somewhere in life you've never been before, you have to do things you haven't done before. So get out there, do your 150 minutes of weekly cardio, start tracking your daily calories, and get to ***BANGING OUT SOME STRONG REPS!*** I am excited for you to make some real progress.

Thank you so much for your support! I can't wait for you to enjoy training at home or training at the gym! **Wherever you're training, I want you to ENJOY it! And don't forget to show me your progress on social media by tagging me or hashtagging #COACHGREG and #HARDERTHANLASTTIME.**

Until next time, I AM OUT.



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Train Harder Than Last Time!

The Complete Muscle & Strength Training Manual

GREG DOUCETTE - MASTERS IN KINESIOLOGY, IFBB PRO, COACH

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